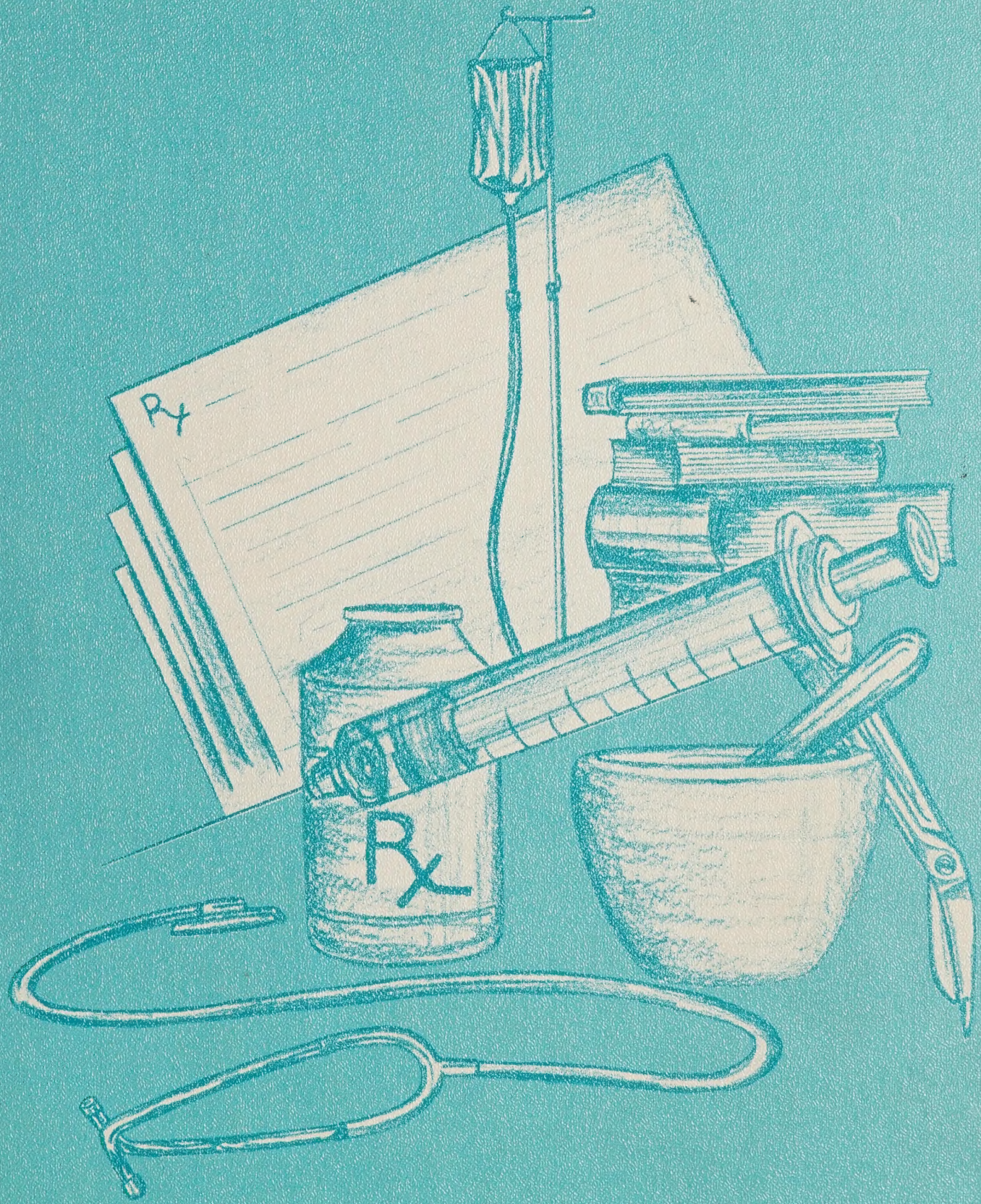


The White Cap '79

Digitized by the Internet Archive
in 2021 with funding from
North Carolina Digital Heritage Center

https://archive.org/details/whitecap197900watt

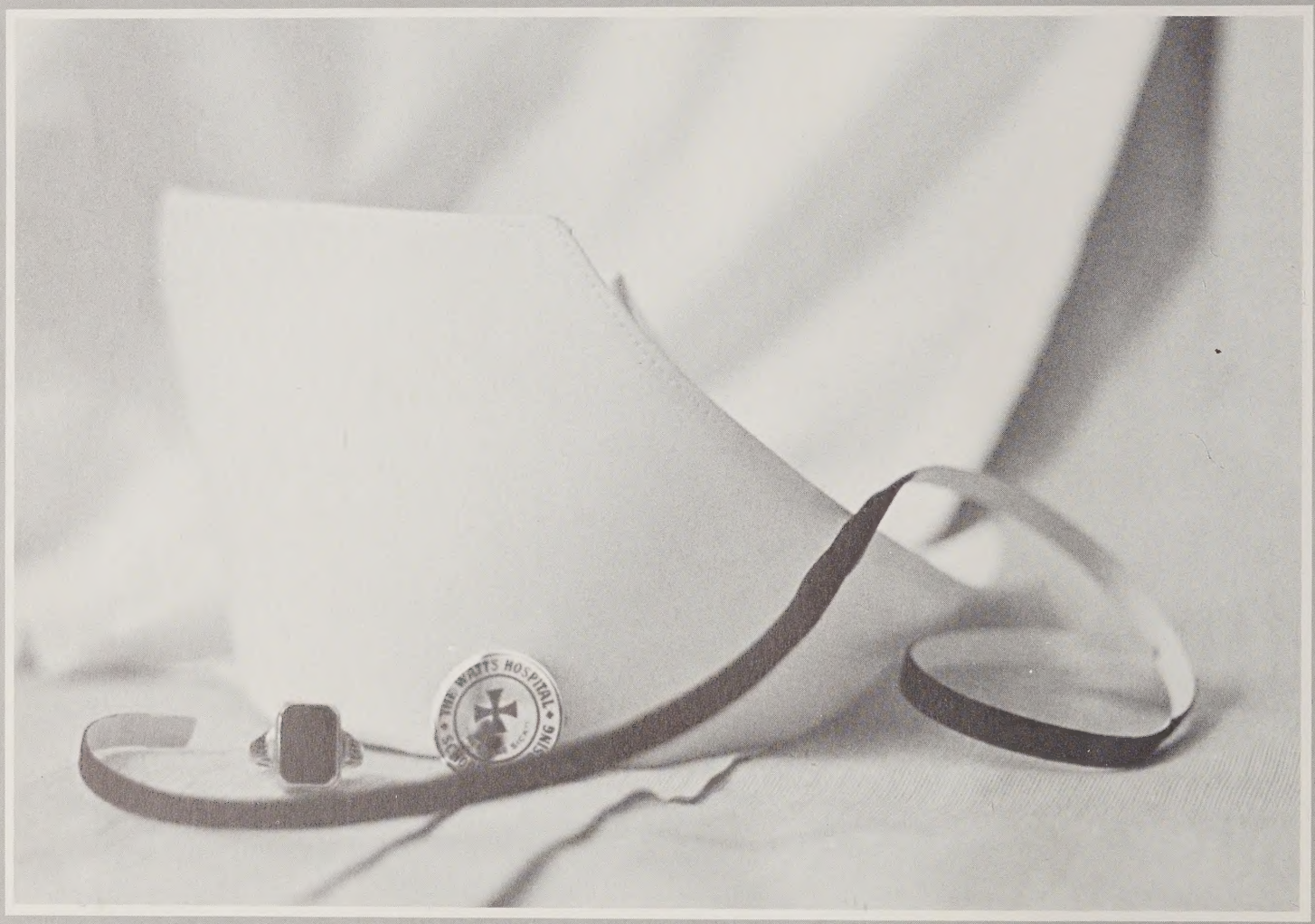
THE WHITE CAP '79

Watts Hospital School of Nursing

Durham, N.C.

Co-editors: Peggy Clark
Paige Fitzgerald

Watts School of Nursing Library
D.C.H.C.



THE WATTS HOSPITAL SCHOOL OF NURSING . . . "one of the oldest and most honored schools of nursing in the state" . . . that's what the brochure said. It also told of how those who graduate from the Watts diploma program are "recognized for their professionalism". But what does it all mean?

It doesn't tell of all the blood, sweat and tears involved month after month, struggling through each exam, passing each clinical experience, learning to do all the "impossible" things you never thought you could. It says nothing of the many friends and frustrations you encounter along the way. Still, what does it all mean?

It means three years, three long years of dedication, motivation, and perseverance . . . one year of settling into the study of basic, fundamental nursing, one year of grasping the concept of nursing specialties, and yet another year of "getting it all together." It's like a three-part melody played to only one tune, or a three part novel with only one theme. No, the brochures and the pamphlets don't tell the story. The students and the everyday campus life tell the ***real*** *story of Watts . . . the three year saga toward receiving a diploma in nursing. Thus we begin . . . A TRILOGY.*

prologue 4
book one: freshman year . . . 16
book two: junior year 36
book three: senior year 52
epilogue 76

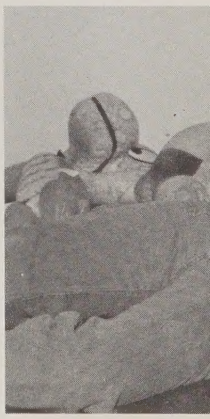
PROLOGUE

TO A NURSE . . .

There is no truer measure of success than a life
of cheerful, friendly, helpfulness . . .
No greater honor than to render aid.
With a heart devoted, patient, unafraid!
To heal the sick, to care for those in need
To observe the ethics of a noble creed
Is your contribution to human good–
And the glory of heroic womanhood.

May fortune guide and bless you day by day
And gladness cheer and brighten duty's way.
Helping you, when hours are long and pleasures few.
To remember that your friends are proud of you.

From the Writings of
Lawrence Hawthorne



REGISTRATION

Registration ... it's so confusing! Stand in line. Go here. Go there. Money, clubs, keys, books, stickers, name tags, fees ... "Good grief, I only wanted to pay my tuition, not buy the place!" It's so frustrating, but it's the first step toward a professional nursing diploma from Watts, and frustrating as it is, we all find it worthwhile later (hopefully). It seems this first requirement (of all incoming Freshmen), the achievement of a state of total bewilderment, is very easy to meet ... especially that first day! But with a lot of patience and understanding from the administration and faculty, and a generous amount of "intestinal fortitude" from the Freshmen, the whole affair comes off in a fairly graceful style. Then, finally, when "all is right with the world" (at Watts), the next task is ***moving in.***

Try to look busy! They're taking our picture.

Congratulations! Here's your scholarship.

You can always count on a Junior to turn a fast buck!

Now don't you worry. We send you weekly reports of your daughter's activities. We won't tell ***her*** *that though, will we?!*

Take my advice, if you play your cards right, you could have all these girls eating out of your hands.

The big highlight of Freshman orientation is waiting in line for their pet cockroach assignment.

MOVING IN . . .

Thank goodness for Big Sisters! They're so helpful and kind . . . and ***strong!*** *This is usually the only time a Freshman wishes she had brought her brother to help her lug every article she owns from the station wagon up three flights of steps and to her room at the* ***other*** *end of the hall. Moving in is usually a happy time for housemothers whose tremendous, warm and waiting wings are surpassed in size only by their hearts. But this is a sad time (usually) for Mom and Dad. Teary-eyed, they reluctantly turn and walk away after dozens of "goodbyes", hugs, kisses, "don't forget to write," and "call us* ***collect*** *if you need to." But most of all, this is a growing time for each individual Freshman. Suddenly, they realize that they stand on the threshold of a whole new experience. Now it's time to "try their wings" and somehow it seems reckoning with this new experience is almost awesome. Learning to deal with this new endeavor, the first year of nursing school, is only the beginning of an incredible, fantastic, three year journey. The start of that first year here at Watts is merely the beginning of . . . a trilogy.*

"The things I could tell you . . . "

Carol Gemmer and Jean Gates.

"You're only staying a week!"

*"Oh, my aching back! Are you **sure** there's only shoes in this box?"*

*Now, **this** is what fathers are for!*

*"I just **had** to bring my fuzzy pillow, my poster of John Travolta, my bulletin board and . . . "*

OH, THE ENDLESS DUTIES OF A HOUSEMOTHER!

What is a housemother?
a friend indeed.
someone to talk to when there is a need.
a shoulder to cry on, a hand to hold.
someone who seems to never grow old.
a door keeper, bookkeeper, key keeper, friend,
messenger, pharmacist, a hard cookie to bend.
We love you, we need you – oh where to begin.
For all those special things we thank you again.

"Nobody, but nobody gets by this door after Midnight." (Mrs. Harris)

"I've buzzed and buzzed but she doesn't answer. Guess I'll have to tell Mr. Travolta she's not here!" (Mrs. Hobbs)

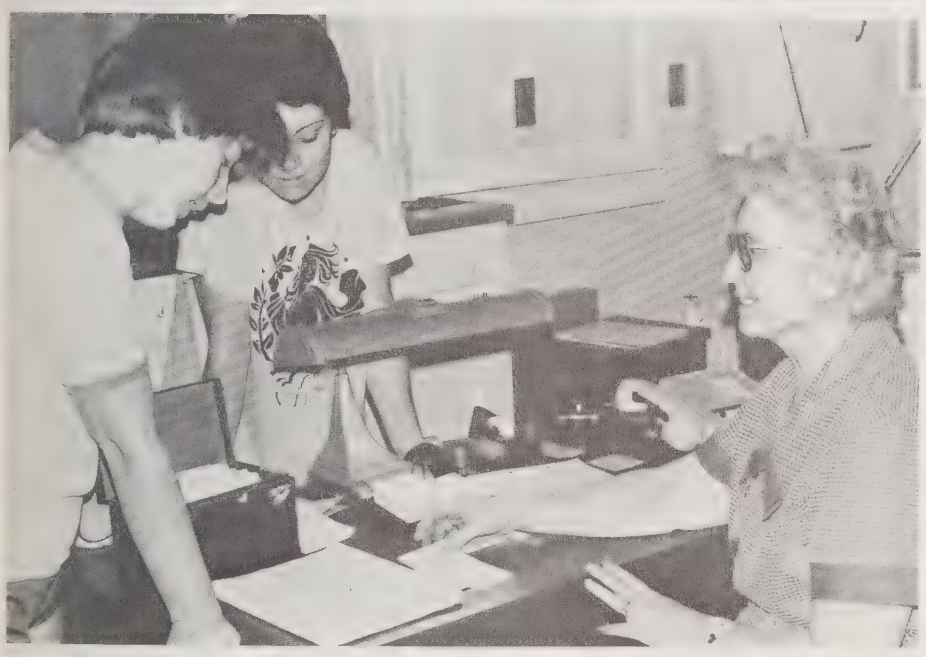
*"Now I'll let you in, if you **promise** not to tell Miss Smith." (Mrs. Overby)*

"No, we don't have any more milk for your bran flakes!" (Mrs. Smith)

"Welcome! Here is your key. I know you'll find your room most luxurious." (Mrs. Rich)

"I've been wondering who'd pick it up first, you or Mrs. Hoover. It's only 3 weeks overdue!" (Mrs. Ladd)

"No madame, your daughter isn't here. But I notice on her over-night card that she's signed out for Cricket Inn." (Mrs. Lyons)



*"**Please** Mrs. Bunn, don't call Mrs. Brooks. We're only 2 minutes late."*

*"But this can't be **my** card. I don't even live here!" (Mrs. Hutchins)*

"Parker, let's see . . . that goes under N for nut." (Mrs. Pleasants)

SKIT NIGHT

Alas, our night has arrived ... the student's chance to portray their instructors. And anything is legal ... well, ***almost*** *anything. Skit Night is a yearly tradition at Watts which adds a hint of humor to that first week each Fall. We don our white uniforms, caps, bifocals and clipboards and take our well-deserved authoritarian position.*

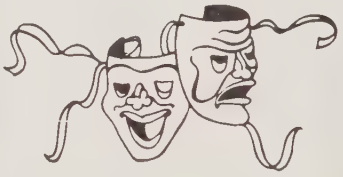
But, woe are we ... the instructors, too, get a chance to portray the students ... and now we know how they see us ... "Are we really that bad?" "Surely ***that*** *didn't happen."*

Yes, Skit Night is our night ... a chance for laughter, a chance for memories, and a chance TO GET EVEN!

Mrs. Runt quizzes another poor freshman on her patient's 14 different drugs.

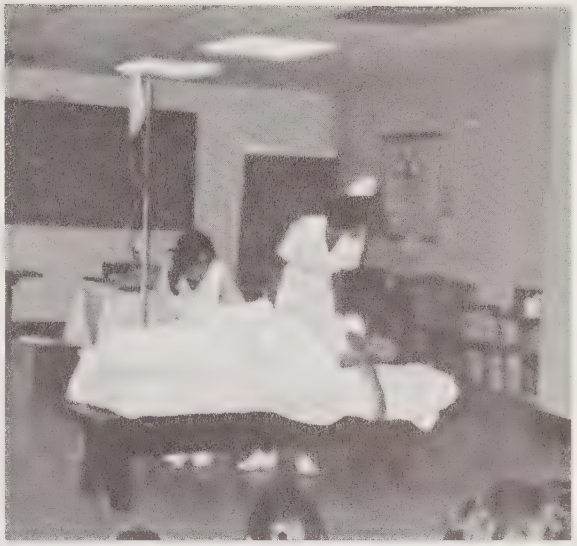
Penny Hollowbrain gives Burt Reynolds' private nurse a few pointers on professionalism.

Florence gives the ***real*** *rules of Watts while ignoring cue cards held by Miss Smith.*



Ms. Cool remains calm as a student injects Vitamin K into her hand, rather than the infant's thigh.

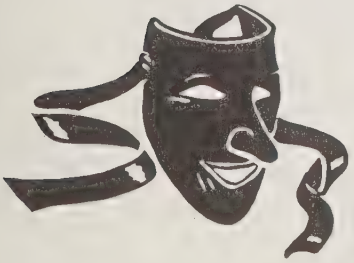
Moses, alias Vickie Kirk, reads the nursing commandments engraved on a bedpan.



Instructors still do a poor imitation of student nurses after all these years of practice.

AnnE instructs her students on immaculate cleanliness in the nursery.

AnnE – Need we say more?!

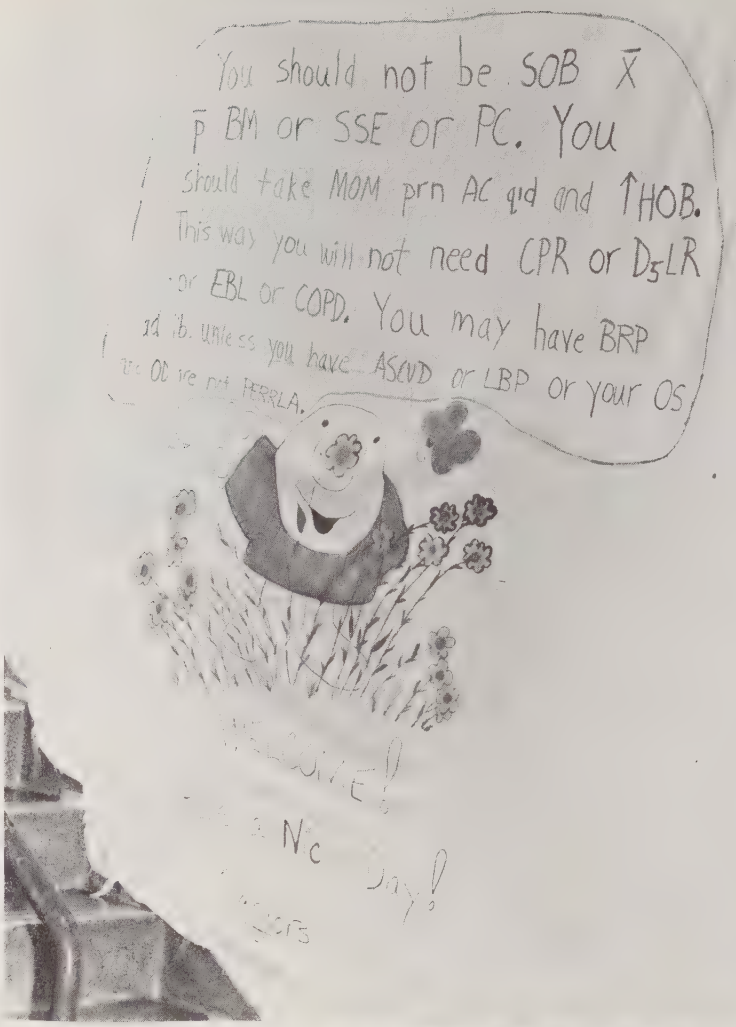


FOOD, FUN AND SONGS

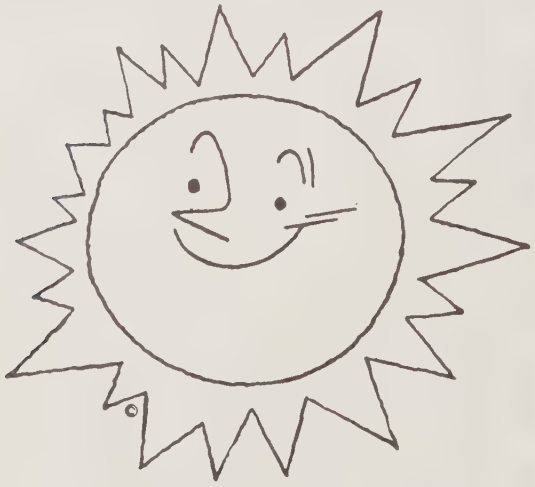
The week of Orientation is the only time the student body consumes good food for free. Freshmen are wined and dined by the student body, their big sisters (Juniors), and, last but not least, the SENIORS! This is a good time for Seniors to take their frustrations out on Freshmen Wyche House is redecorated Senior-style just for the new Freshmen. This year while the redecoration was going on, the rest of the Seniors were taking the Freshmen on a tour of the campus – by dark. They were provided with "unique" flashlights to guide them and were then introducted to the DCHC EMT'S. The Freshmen were persuaded by the Seniors to serenade them. Even the general population of Durham was included in this event. As the Freshmen made their way around campus, they stopped (reluctantly) and sang to passers-by.

Each year the incoming Freshmen are required to compose an original song just for the Seniors and sing it to them at the Student Body Picnic.

By the end of this first week, when all the fun and games were over, everyone settles down to long clinical hours, endless required readings, and last minute exam-cramming.



Seniors prepare Freshmen for the foreign language of Medicine



The best part of the first week is the free food!

A little sister gets the once-over by the Junior Class.

Seniors prove they ***can*** *coexist with Freshmen by treating them to a watermelon party by the pool.*

Guess what's in store for you Freshmen!

Juniors cook. Freshmen clean-up. Seniors enjoy!

BOOK 1

Lub dub . . . lub dub . . . lub dub. "I hear it! Or is that my own blood pressure?!" "Okay, time for return demonstration of catherterization" . . . "Is it ***this*** *little opening or* ***this*** *little opening . . oh heck, I knew I shouldn't have skipped that Anatomy and Physiology lecture!"*

The freshman year is a time of great change and growth – a nine month period of adjustment. It's a growing time, a learning time, a time of confusion, bewilderment, frustration and satisfaction. It's a time of gladness, sadness, illusions and delusions. And during this very trying first year at Watts, some very strange things happen. The nursing student attempts new feats she'd never even ***dreamed*** *she could perform. Along with all the heavy theoretical part and the not so heavy clinical part, she learns she can mix all the bad times with the good times, and all the hard times with the easy times. And in spite of it all, when that mindbending, hairpulling, first year is behind her, she finds she* ***still*** *wants to be a nurse.*

FRESHMAN YEAR

FRESHMAN CLASS

Wherever there is love of medicine, there is love of mankind.

Class flower: Red rose

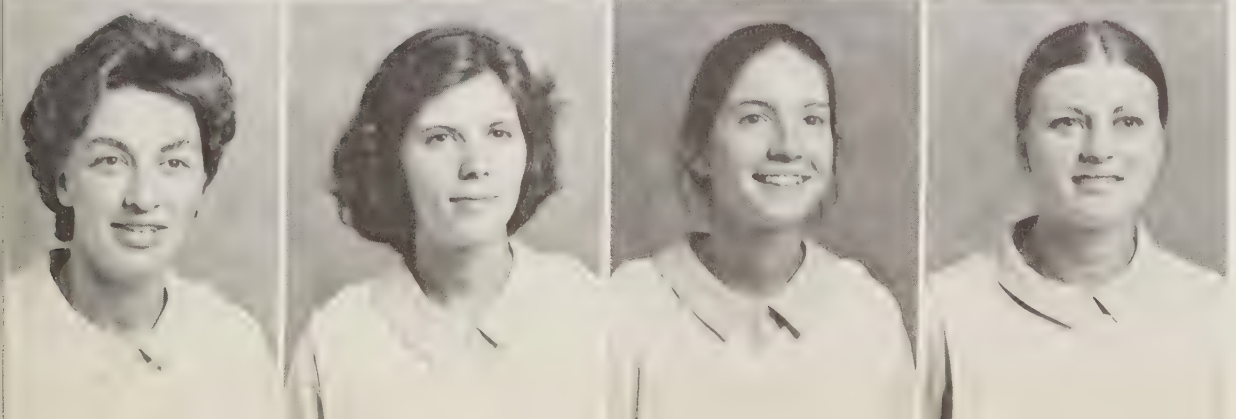
Class officers: President–Linda O'diear, Vice President–Bill Baker, Secretary–Sherry Hoyle, Treasurer–Rosalind Fulton. Class advisors: Norma Lipscomb and Donna Rogers.

Andrews, Lilly B.
Baker, Billy W.
Baldwin, Wanda L.
Battaglini, Sandra W.

Baynor, Lori G.
Blakenship, Catherine P.
Boatright, Connie S.
Bradsher, Delores

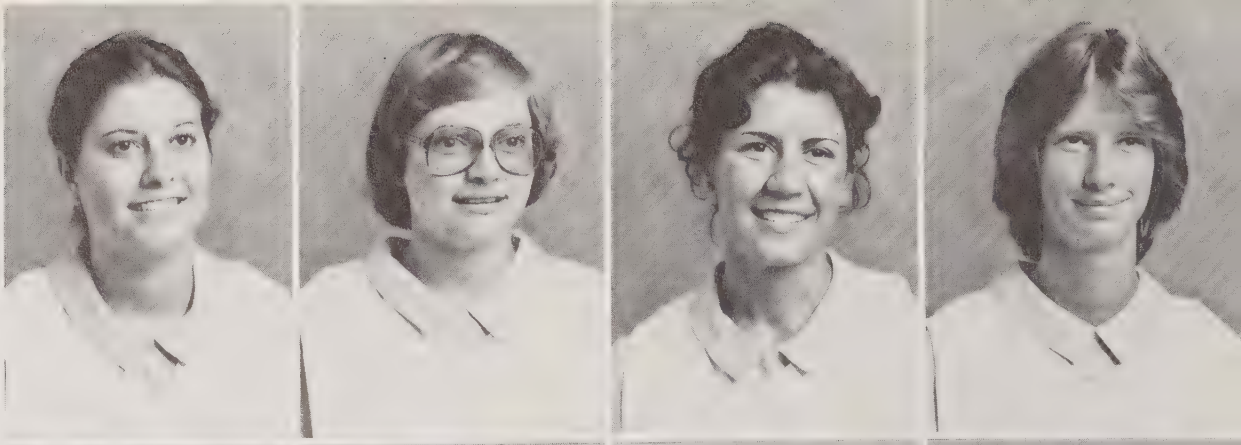
Bradsher, Donna L.
Brooks, Barbara A.
Brown, Kay L.
Buck, Nancy E.

Byrd, Susan A.
Carter, Marilynn B.
Clarke, Dianne C.
Coleman, Mary J.



Compton, Helen L.
Crabtree, Elaine
Craig, Beth W.
Currin, J. Hope

Dammann, Trenessa L.
Daniel, Audrey T.
Davis, Petra A.
Dudley, Terri L.



English, Joan R.
Evans, Kathleen M.
Fleming, Sheila N.
Foddrell, Debra T.

Foscue, Spence M.
Frei, Elizabeth A.
Fulton, Rosalind
Gallick, Karen A.

Gates, Jean B.
Gregg, Pamela R.
Haley, Teresa C.
Hoyle, Sherry L.

Huff, Ruth B.
Johnson, Norma J.
Kantra, Pamela J.
Kirk, Kathryn C.

Lyons, Patricia M.
McLawhorn, Linda L.
Merrill, Elizabeth A.
Mitchell, Bonnie F.

Moran, Debra J.
Odiear, Linda J.
Oglesby, Nancy E.
O'Keefe, Patricia M.

O'Neal, Linda R.
Pearce, Lisa K.
Pearce, Patsy L.
Penland, Charlotte C.

Penland, Debra L.
Perry, Teresa J.
Pierce, Patricia M.
Pike, Melissa

Priestley, Angelia J.
Rickard, Lou E.
Rusch, Carol S.
Selby, Pamela D.

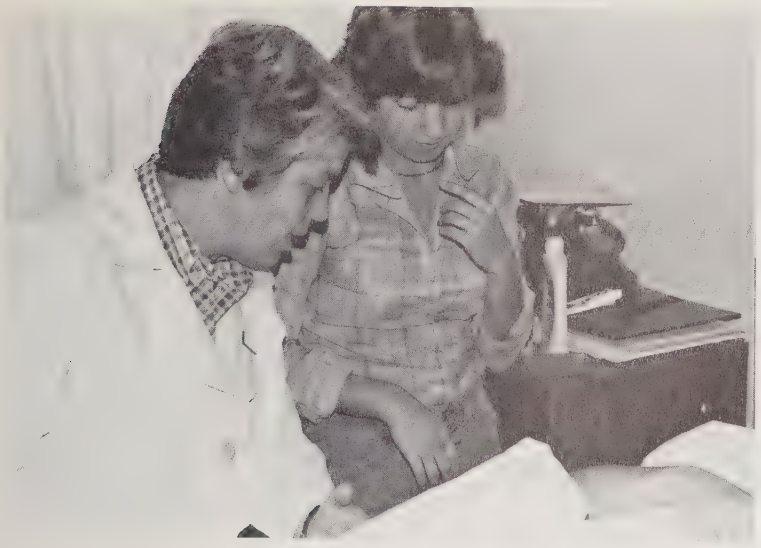
Sharpe, Deborah G.
Smith, Cynthia R.
Snyder, Judy D.
Tyndall, Angela M.

Villines, Bertha T.
White, Margaret M.
Willis, Rhonda C.
Wilson, Janet E.

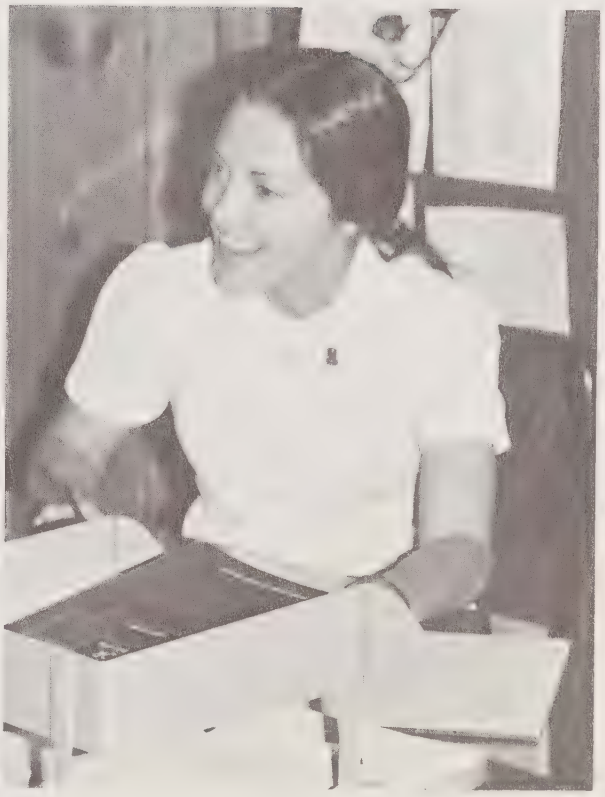
Moving out? You just got here!

To Karen Gallick, love is Freshman Anatomy at N.C.C.U.

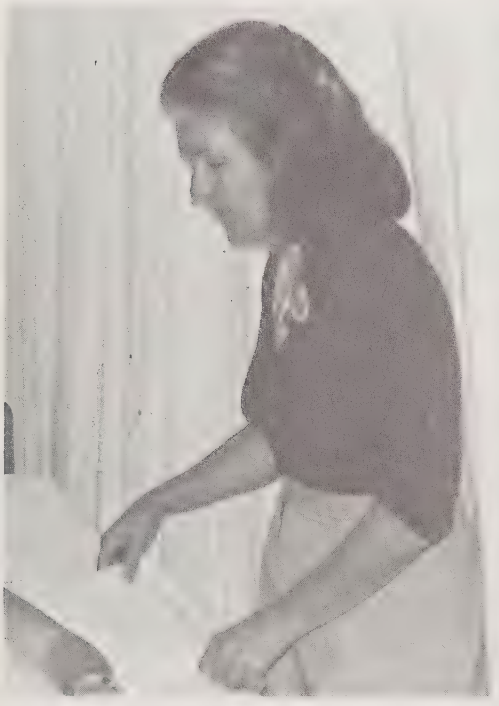
FRESHMAN INSTRUCTORS



Joan Reinhardt



LuAnn Wyatt



Carol Phillips

Donna Rogers

Norma Lipscomb

FRESHMEN AT WORK . . .

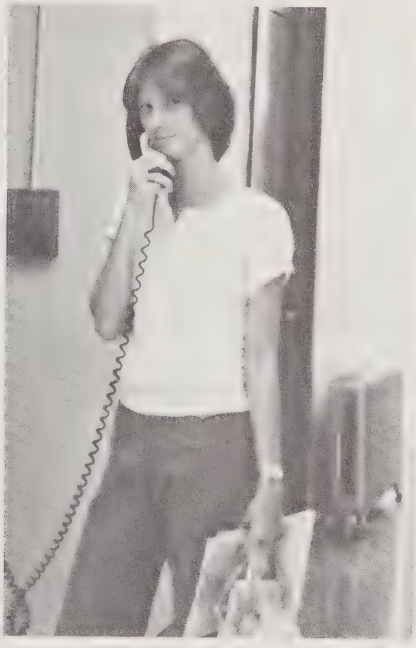
"Miss Currin, is this a mitered corner or a murdered corner?"

During the early weeks of their first year, the Freshmen attend Fundamentals practice labs. It is here that they learn the basics for their entire nursing career, such as interviewing and establishing rapport with their patients, how to take vital signs, give baths, make beds properly, chart correctly, body mechanics and transfer techniques. The practice labs help them feel more secure in performing these tasks and provide the opportunity for interaction with classmates.

But these Freshmen haven't forgotten what is said about "all work and no play . . . " They have quickly learned that in order to be a more well-rounded person, one must combine equal amounts of hard work with extra-curricular activities. So, whether it's watching a favorite T.V. show, enjoying a gourmet meal, debating your roommate over who's the cutest, John Travolta or Burt Reynolds, or just calling the local airport, bus station, or taxi stand for fare and schedules home . . . these Freshmen have it all figured out. They've learned that hard work begets hard play . . . and they're determined to work ***very*** *hard at both!*

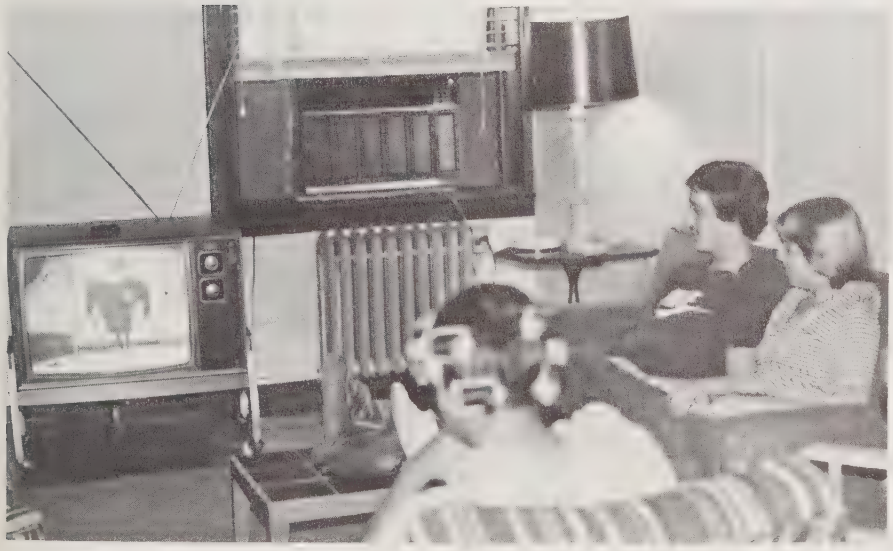
What am I hearing . . . blood pressure or bowel sounds?

. . . AND AT PLAY



Terry, you just got here. Calling the party store already! What's to celebrate? Was the first day ***that bad?***

Bill, they said ***dissect*** *not* ***digest*** *the fetal pig.*



Is this one of the educational T.V. shows we've been hearing about?!

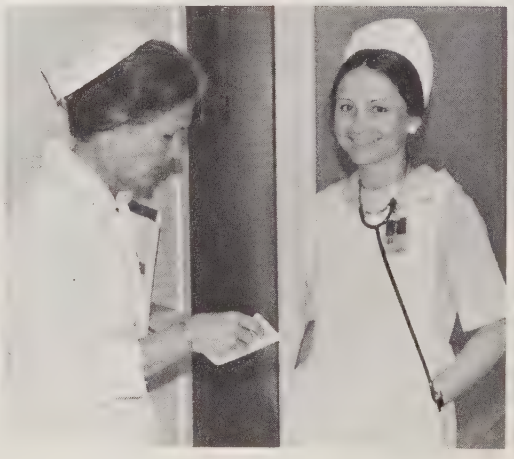
Do you ***really*** *think Burt Reynolds' gluteus maximus is shaped better than John Travolta's?*

FRESHMAN EXPERIENCE

*You are going to teach **me, what?***

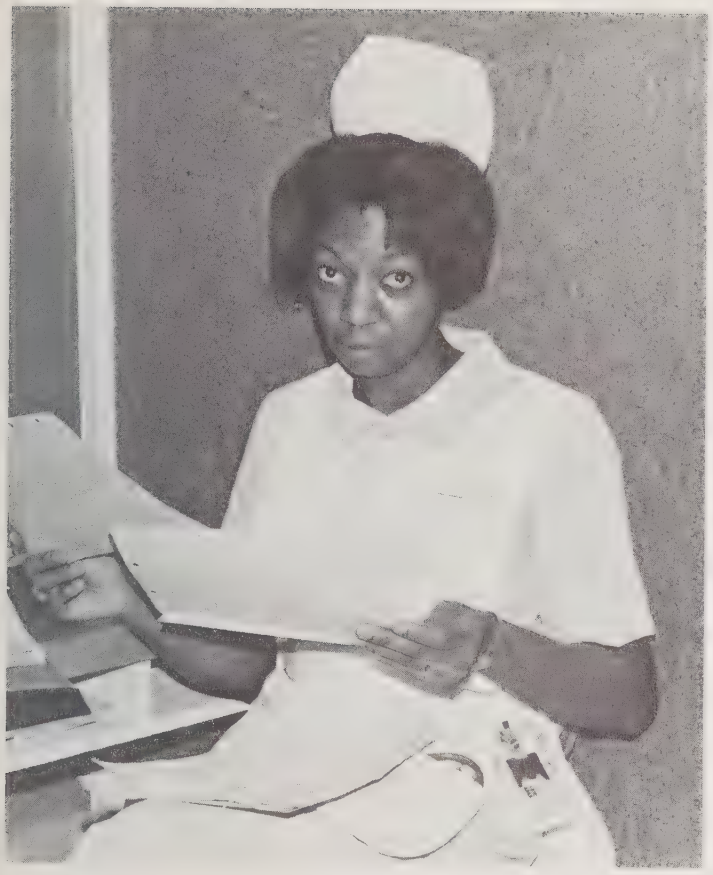
–f*–?? **That's supposed to be discharge??*

Do you understand what I'm trying to say?



Patty, it's PROSTATE, not prostrate!

*Clinical. Four and one half hours of nervous tension. Wondering if what we do is right. Trembling hands watched by experienced eyes. Will we ever be experienced? Thinking things through in clean hold. Asking Juniors and Seniors for help. Wondering **what** to chart. Talking things out with our instructor. A glimmer of hope felt after a successful procedure, a touch of pride. Talking with our patients, smiling because they smile and wondering if it's okay to cry, too. Sitting patiently through post-clinical conference. Finally leaving the hospital, but with heads held high because of an underlying sense of accomplishment.*



My patient is doing what!?

You don't understand? Let me draw it for you.

CLASSROOM BLUES

Those long classroom hours that we freshmen have to bear.
What would it be like if we really didn't care. The instructors lecture and lecture while our pants lose their texture.

Freshmen with the diagnosis of "fanny fatique".

NCCU

Many people think the nursing student is enclosed in a tight world that mainly involves time spent in the hospital. Not so. Freshman at Watts devote up to sixteen hours at N.C. Central University getting college credit courses. That means the task of commuting across town every other day.

It also means climbing the endless flights of stairs at Central's foothill campus and in the never-less-than three story classroom buildings. Then there are the interminable but interesting hours of lab after all day (it seems) in classes. It's trying to cram half a semester's work into two days a week.

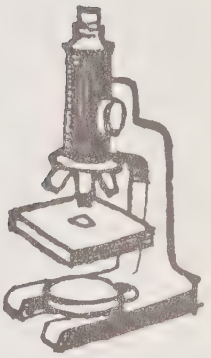
But the campus, despite its vastness, is a beautiful one, with long-term devotion to Georgian Architecture and a few necessary sacrifices to modern style. The instructors, on the whole, are marvelously enthusiastic and they gear their material to us, nursing students.

And, in a final breath, though the quarters are sometimes cramped, class hours at inhumane but unavoidable times, and an occassional grumbling student is overheard, we are enriched for our experience there.

Pull THAT back and push THIS in.

"Are we together on this?"

W. Baldwin resting after the discomfort of a rectal swab.



Touching is healing.

I could think of better things to do on a Tuesday morning.

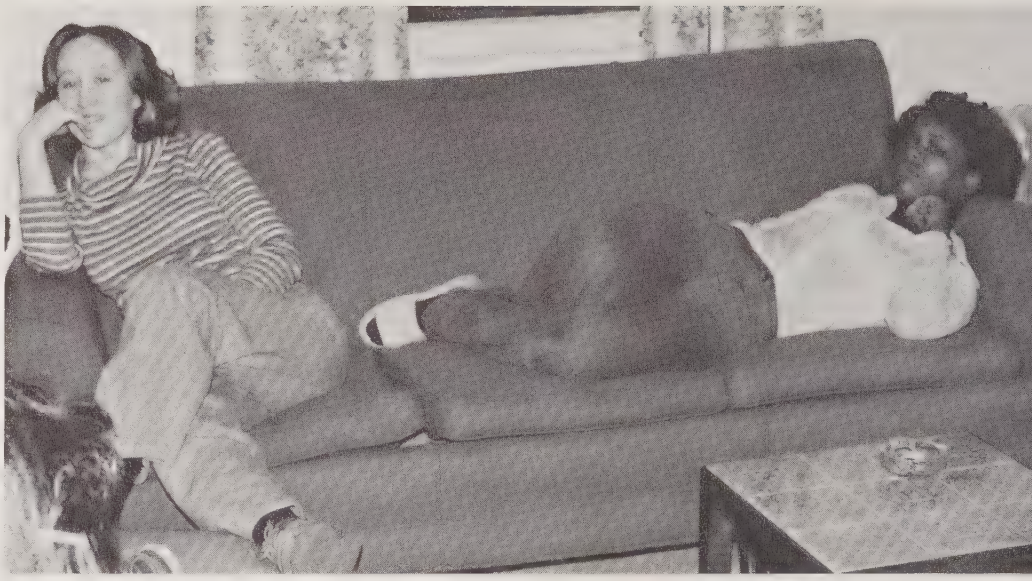
A demonstration on sterile technique.

"Watch it:" B. McCoy

FRESHMAN FROLICS

AND THEY CALL THIS HOME

Did you say this dorm was home-y?
Sure it's home-y, if you like watching TV with the roaches.
Yeah, it's quiet too,
That is until 12:30 A.M.
Always something to do?
We have a ball counting cracks in the wall.
Cover'em with posters?
Wallpaper's more like it.
Oven's come in handy?
Only when we need cultures for micro lab.
How's the kitchen?
Well it's there.
The TV room?
I call it a TV closet.
Is the heat good?
Let's just say we know when they cut it on.
Roommates close?
Can't help but be in these tiny rooms.
Anything exciting ever happen?
"Man on the hall"
Dorm life really that bad?
Nah, its kinda fun to be here!



Ladies of the Evening.

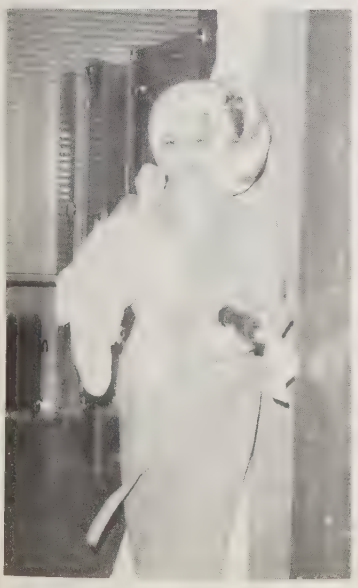
Charlies' Angels, eat your hearts out.

I take one shower per month whether I need it or not.

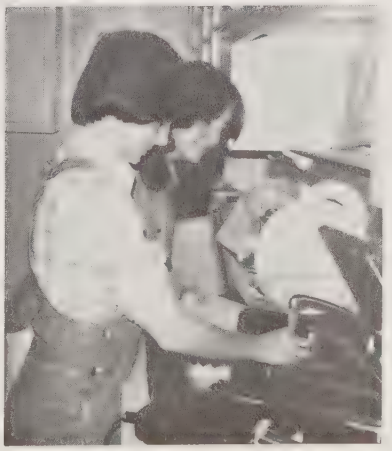
So, what if we don't have dates, there's no harm in wishing.

Elaine Oglesby entertains – as usual.

Santa brings goodies to "sweet, little girls".



A contestant for Miss America 1979, Diane Pike models a lovely evening gown with matching head piece.



Another roach down the drain!

Eating again? You'll never prepare for your A&P test this week.

An escapee from Butner.

A Freshmans Dream . . .

Just beyond the graduating door of high school was a step that I never walked upon, but around. One day I decided to approach this step and see where it would lead me. As I mounted the step, the high school faded away. I looked beyond and within my view was Watts School of Nursing. I shouted with joy, for this was the answer to my long-lived dream, which was to be a nurse. Although this was only the beginning, I understood that I would have to work hard to be successful. My understanding was determined by my mother, friends places I have lived and been. From my thorough understanding, I felt that I had the capabilities to live up to the expectations of a nurse. So today I'm striving toward successfully completing the dream I withheld for so long. If I succeed, it will be a dream that was worthwhile to fulfill, and one that will serve as a key to the motto of my life. My life is a journey and has no end.

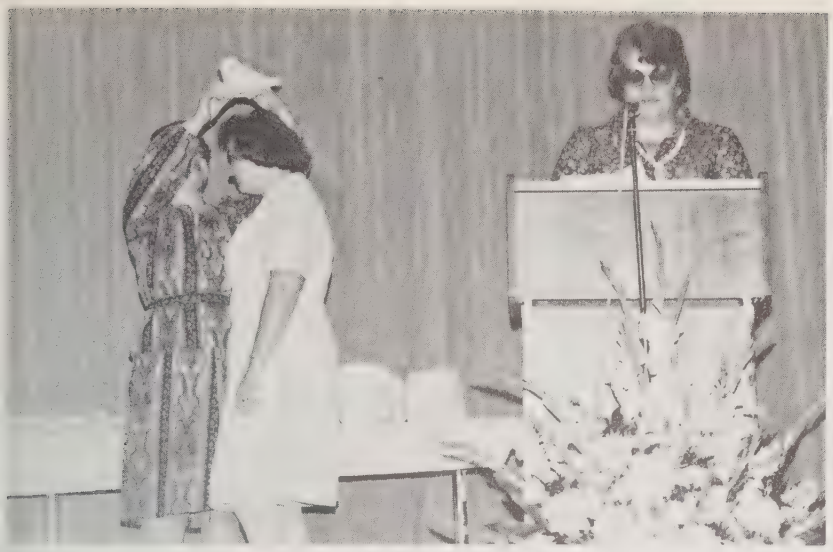
–Wanda Baldwin

CAPPING

As I remember, I honestly encountered many feelings that night of Capping. Despite the familiar hospital ambience, my fellow students, whose follies and sufferings I know so well, and the lonely sensation of wondering why and how I got here, there was something very special about the ceremony.

Our members sat at rigid attention, at least in the directions I could see. I confess, in spite of the solemnity of the service that I was in excited enough spirits to gaze around me at those inspired young faces and nervous enough for my legs to twitch uncontrollably as they always do at a passionate moment. We listened to the speeches, their blend of warmth, inspiration and mild amusement pacifying and enlightening us.

Then came the capping with its moment of individual glory; the flashes flashing, and whirring, clicking cameras lending an atmosphere not unlike a Presidential press conference. But the looks of pride glowing on the family photographers' faces bespoke of a much more intimate occassion. We marched out, as a graduation line. But this ceremony with its many symbols of inauguration was not a graduation. The placing of a cap on a student nurses' head is a symbol of achievement and challenge. That line of fresh minds carefully carrying lighted candles up the aisle signified a turning point and starting point in our lives.



BOOK 2

We finally reached the middle-of-the-road – our Junior year! So many changes. We waved good-bye to Wyche House and said hello to Hill House. Now living in close quarters, the Seniors become our good friends. Suddenly the campus is filled with new faces. We're big sisters now! No longer one big family, we are reluctantly torn apart by OB, Peds, and Med-Surg. However; somethings are still the same, like being faced with a whole new group of instructors. Truly the Junior year is full of memories, some forgotten, some regretted, and some always to be cherished.

JUNIOR YEAR

JUNIOR CLASS

Grant that the sick thou hast placed in my care may be abundantly blessed, and not one of them be lost because of anything that is lacking in me. Help thou me to overcome every temporal weakness and strengthen in me whatever may enable me to bring the sunshine of joy to the lives that are gathered round me day by day.

Class officers: President–Carol Gemmer, Vice President–Diane Farlow, Secretary–Patty Baldwin, Treasurer–Nancy Johnson. Class advisors: Eleanor Gould and Donna Rogers.

Class Flower: Rose

Is this compatible with human life?

One of the symptoms of the "Junior Syndrome" is exhibited by Denise Bailey.

Andrews, Pamela B.
Bailey, Denise C.
Bailey, L. Stanford
Bainbridge, Kathy L.

Baldwin, Patricia A.
Behan, Patricia I.
Bloom, Karleen J.
Bogie, Denise L.

Boswell, Sheila F.
Bray, Susan E.
Cain, Susan D.
Cobb, Cynthia E.

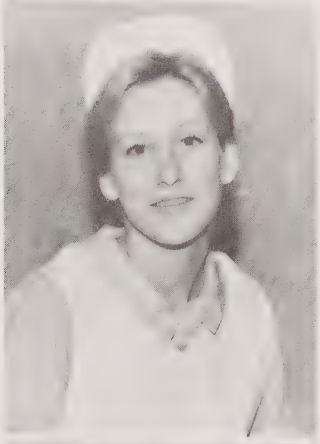
Coman, Carol A.
Davis, Kathy L.
Duncan, Deana H.
Fagala, Susanne T.

Farlow, L. Diane
Freeman, Mary A.
Furr, K. Joanne
Gemmer, Carol C.

Gordon, Debra C.
Hardy, Sonya L.
Hicks, Donna J.
Hinshaw, Betty J.

Hix, Edith D.
Johnson, Kim E.
Johnson, Nancy T.
Johnson, Rose M.

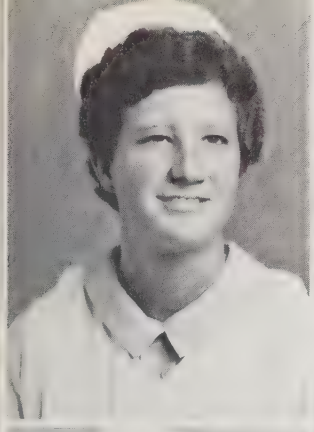
Lewis, D. Ellen



Lloyd, Gail M.

Long, Betsy W.

Nurses call the shots,
and Sonya Hardy and Susan Cain are out to prove it.



Marrinan, Elizabeth M.
Mays, Debra R.
Merritt, Patricia C.
Painter, Donna S.

Perry, Leisa A.
Poole, Patricia T.
Pressley, Patricia H.
Ransom, Audrey L.

Gail Lloyd is wondering how she is going to get her white hose on for clinical.

Rice, Gale D.

Tisdale, Debbie L.

Viola, Hazel B.

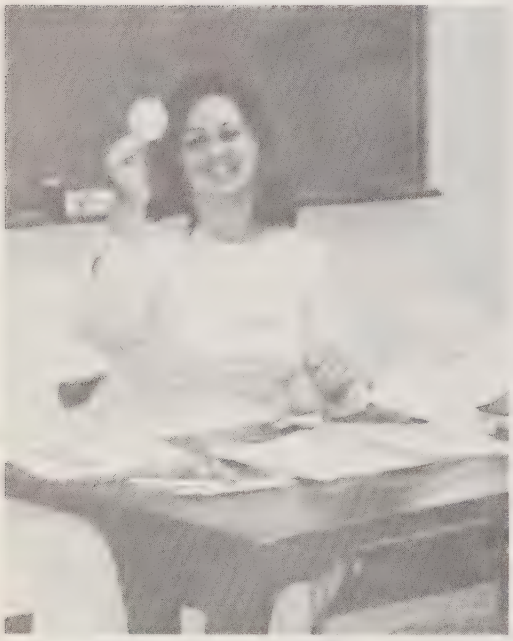
MATERNITY NURSING

Am I not too young to hold this small child and not let its tiny presence slip through my arms? Hold tightly but gently as he sleeps.

These past months I too felt you kick, heard your heart, saw you move. I too planned for the day you would arrive in my world from yours. All too much to learn about you and all too soon.

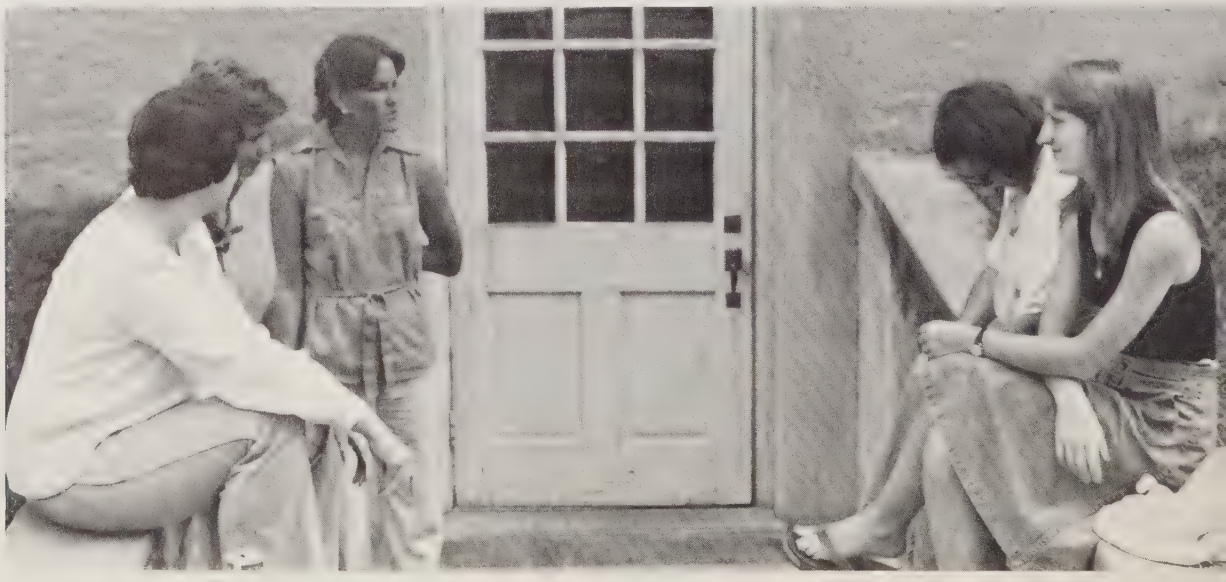
How I marveled at your birth! Already you had an identity and now a name. Though you were not a part of my physical self, you were as much mine as your true parents. For as I gazed at you and you at me, we too formed a bond of love.

If only for a few days, I held you little one, and you were the best and most beautiful . . . . gift of life.



Mrs. Carroll ***profoundly*** *states, "It would behoove you to take it out of the dresser drawer!"*

Mrs. Gould provides her Labor and Delivery students with a warm smile and endless patience.



This lively group of O.B.'ers takes a moment for silent meditation after a grinding weekly test.

Drs. Yowell and Shavender interpret the real meaning of all those squiggly, little lines.

Kathy Davis demonstrates one of the joys of O.B . . . .preparing the baby's clothes for his trip home.

"I must have used fifty diapers already today!"

PEDIATRIC NURSING

It has been said that it takes a special person to be a pediatric nurse. At the end of this eleven week course you'll know if you're that kind of person. You learn quickly that children aren't small adults – they're much smarter than that! On 5-2 you come to the realization that the sound of an IVAC beeping can strike terror in the heart of a student nurse. At Lenox Baker Hospital you learn to look past the handicaps and wheelchairs and see the real child. In the classroom you learn through hours of lectures, case studies, CP reports, and nursery school papers. Then suddenly the course is coming to an end and you ask yourself if the learning was worth the long hours of study. Although Peds has a way of testing your strength and stamina, the reward comes from knowing you have learned how to help a little child.

Carol and Betsy find a long day on 5-2 quite mind-boggling.

Debbie, are you the mysterious baby bandit of SCN.

Jackie Kernodle explains the curriculum plan to Mrs. Carol DeLay, a new Peds instructor.

Here's a classic case of regression.

Mrs. Myrtle Mayfield, a new Peds instructor, gives a student some one-to-one tutoring.

Jackie looks pleased as she prepares to hand out the Congenital Heart tests. ***Someone*** *must have passed after all!*

Back again for our nightly rounds on 5-2.

Caring, concern, and patience. That's what makes a pediatric nurse.

JUNIOR MED-SURG

Twenty-two weeks of long hours of class are relieved by great guest speakers, field trips to various interesting places, and numerous films. You quickly discover from a night long search for two bibs on Elephantiasis and a thorough drug card on Brompton's cocktail, that this is truly Mission Impossible. At clinical, you gain confidence and a greater sense of self-worth from more independence and responsibility. You learn to work with IV's that are constantly behind (if working at all!) and confer with doctors 1-to-1 regarding their patient's care. Rotating through the OR, you share with one patient their anxiety before, your professional skills during, and the nausea and pain after their surgery. In Med-Surg II you build on the basics and deepen your understanding and attitudes toward professional nursing.

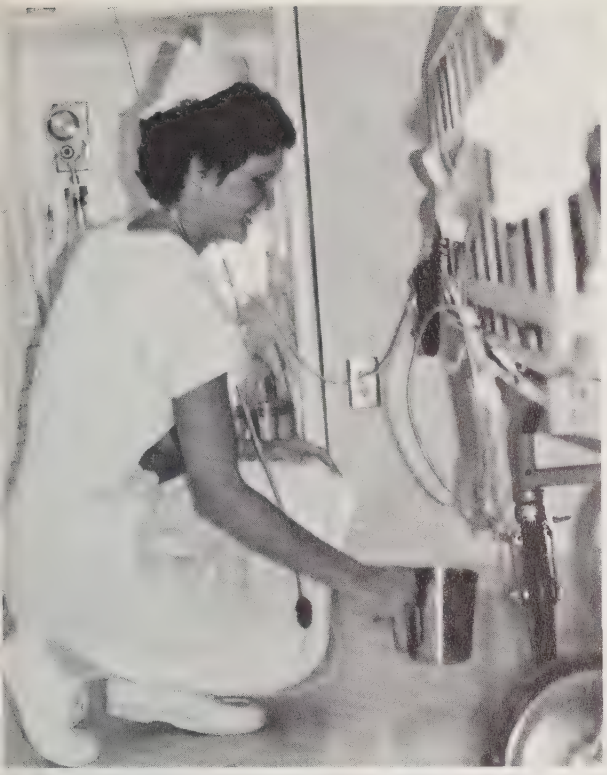
"They said call a Code 5, but I can't get a dial tone!"

As Mrs. Suprono explains counterbalance traction, Mary Freeman's interest appears to be diverted by the patient's good looks.

Mrs. Holloway demonstrates the fine art of IV regulation.

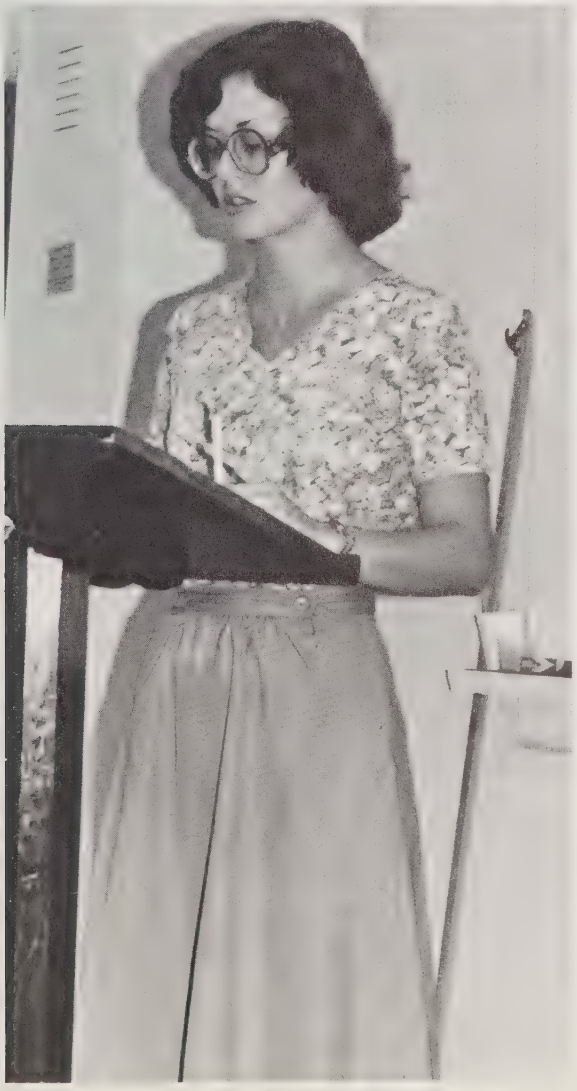
"Mrs. Smith, wake up! You're in the Recovery Room and you're doing fine." But can the same be said for Ellen Lewis?

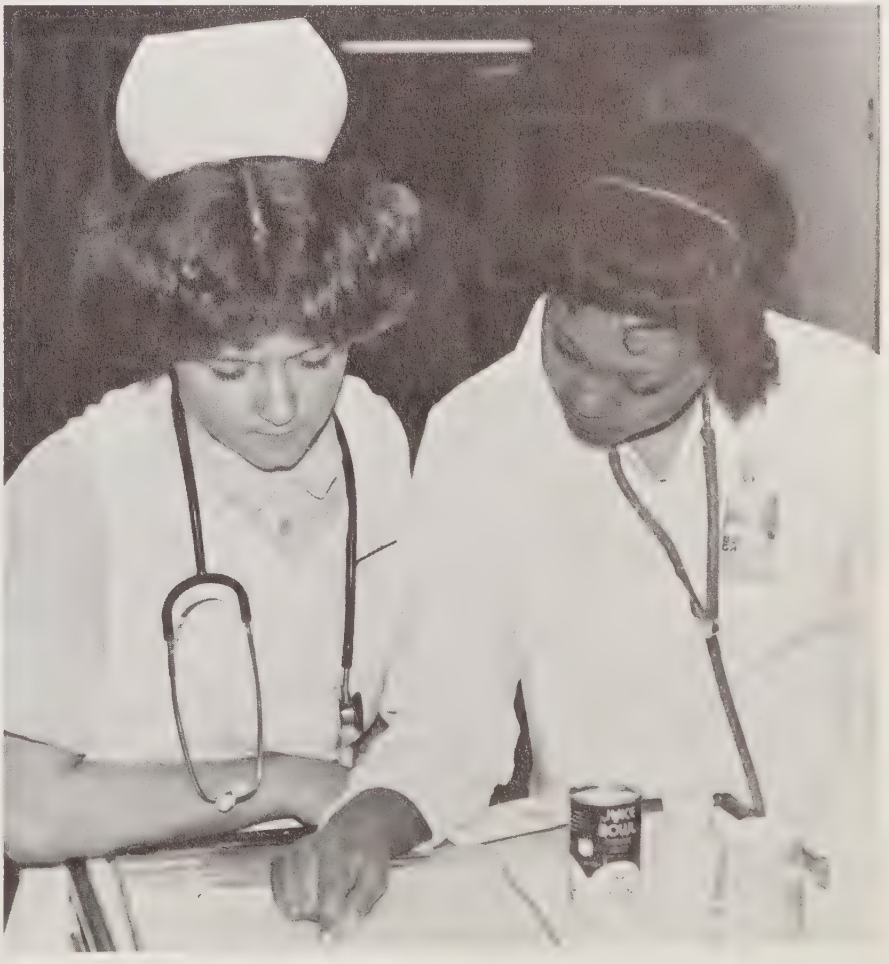
These Med-Surg instructors take advantage of a nice afternoon for R & R.



Ms. Martin and Patty attempt to decipher the "foreign language" of doctors orders.

There's only 29cc's in the Foley bag . . . should I or shouldn't I?



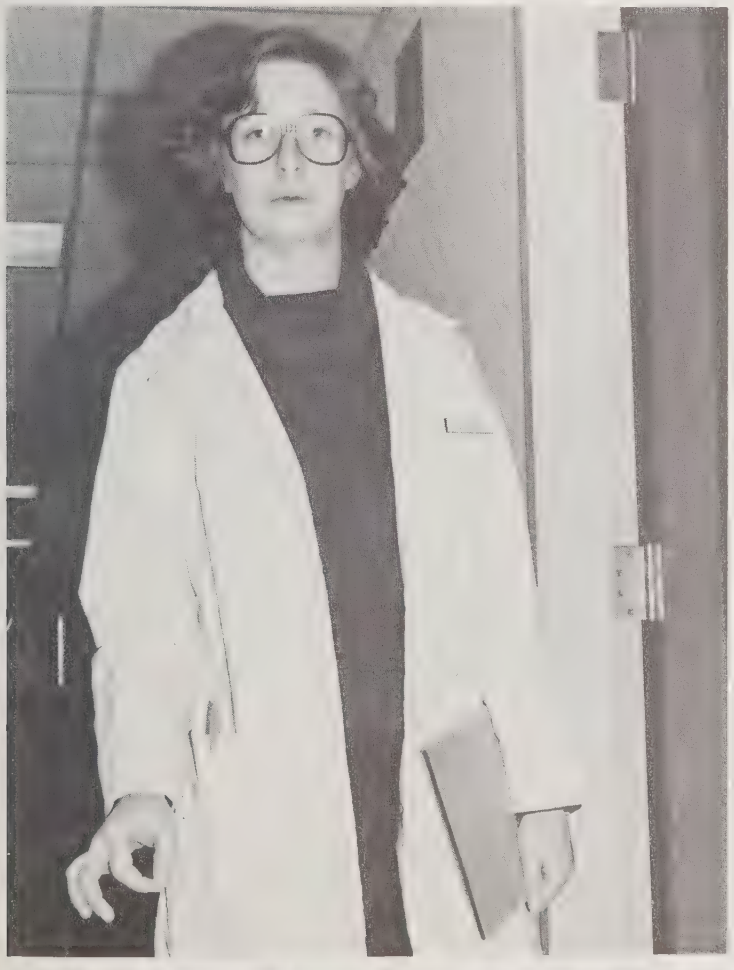


Diane Farlow helps (?) the Med Nurse with her ten o'clocks.

Mrs. Shimm delivers her famous Chemotherapy lecture.

JUNIOR JIVE

ENLOE



HOME, SWEET HOME

We never thought after leaving Wyche House that Hill House would have so many more advantages

small crowded rooms which teach the true meaning of togetherness.

closets so convenient that the entire wardrobe is at your fingertips.

walls so thin that stethoscopes are used only in the hospital.

the temperature of the water corresponds with the seasons of the year (icicles in winter, scalding in summer).

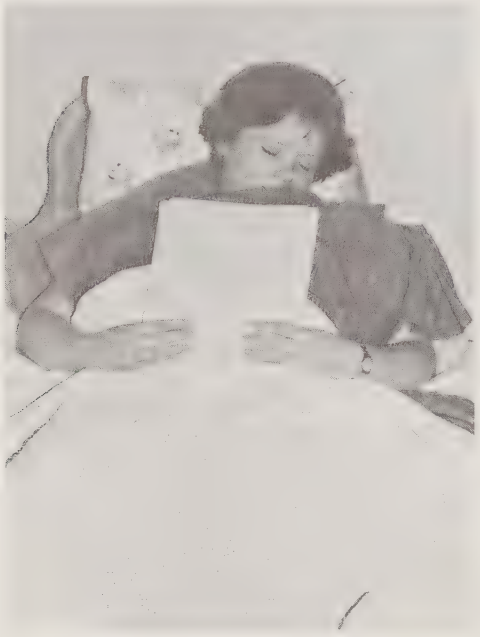
showers that promote good communication between fellow students ("flush, Thank you")

doing laundry teaches patience and good floor mopping technique.

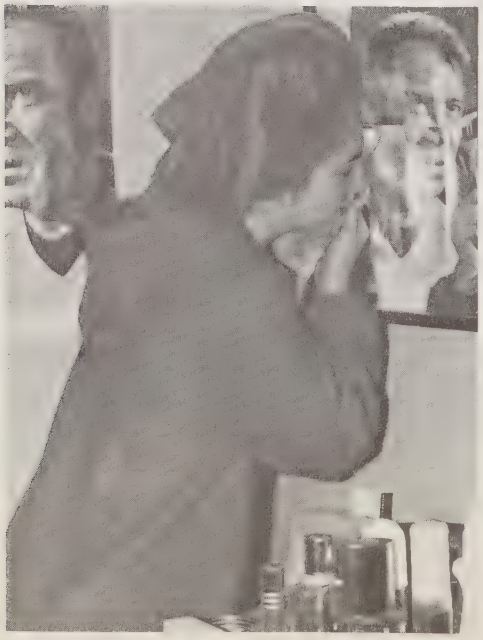
the daily challenge of finding a clean spot in the kitchen.

the constant exercise of running up and down two flights of stairs for a cup of ice.

But, it's Home, Sweet Home.



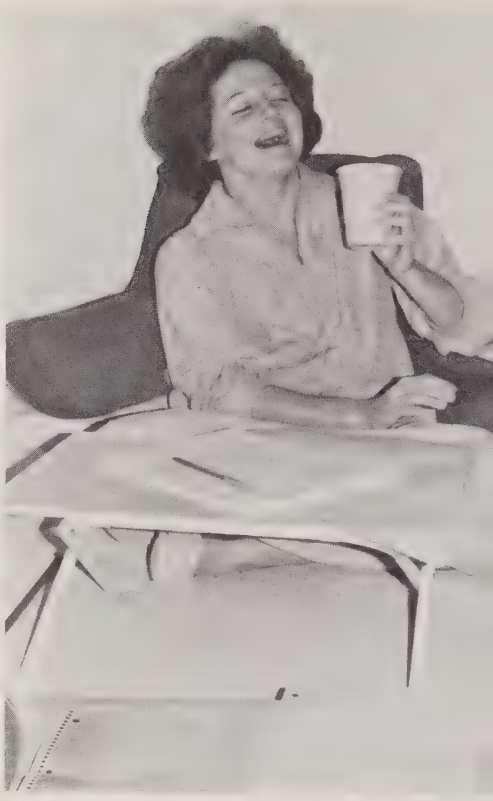
The only way to study.



They told me studying would cause acne.

What's in the cup Diane?

Audrey's looking for the end of the line.



Susan catches the clothes snatcher in the act.

Karlene, Edith, and Diane's fun and games.

Pat finally gets the phone and nobody's home.

Don't jump Denise, it can't be that bad.

"But I can't meet you there in 5 minutes. I need at least 10."

Miss Smith wants to see me!?

Feeding time at Hill House Zoo.

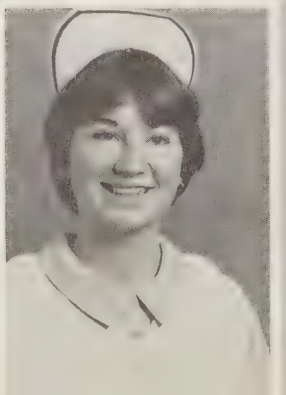
BOOK 3

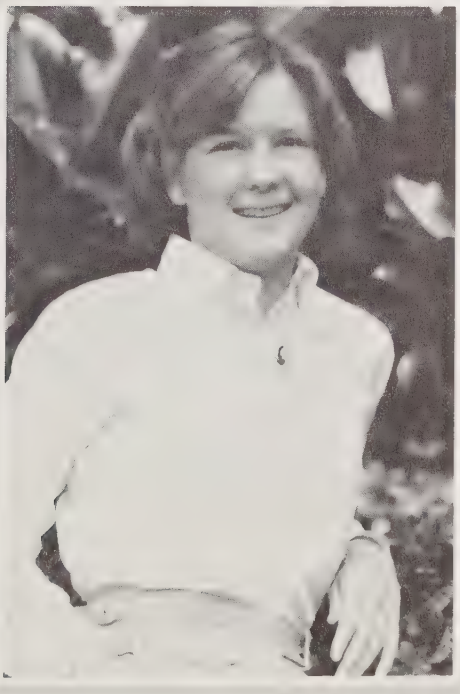
"How do you spell relief?" S-E-N-I-O-R-S. This is how it feels to be a senior. As the junior year draws to a close we begin to realize that the end is almost near. Finally; a chance to take a breath. A chance to be someone – the number one person at Watts. Freshmen are in awe of us, the juniors come to us for advice. The doctors treat us like human beings for once. We gain confidence and respect in ourselves and our ability to work with others.

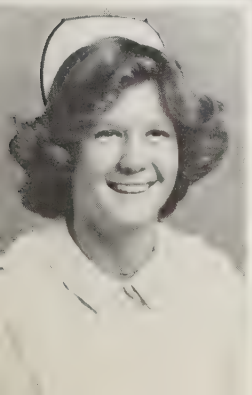
They say Reality Shock begins for new graduates, but as Seniors we begin to lose our idealistic viewpoint of nursing. The "patient as a whole" was a meaningless term as freshmen, but as Seniors we begin to use this theory in clinical practice. As graduation time draws near, we realize a saddness in breaking the ties of friendships we've made. So many places we could go, so many people who need us, but how do we decide? Yesterday we were unsure, today we grow in confidence, and tomorrow . . .

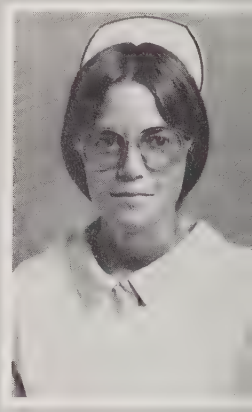
SENIOR YEAR

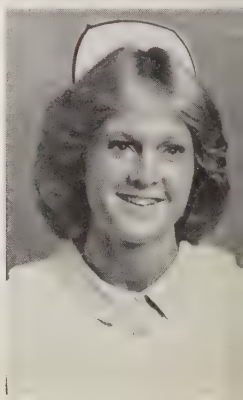
SENIOR
CLASS

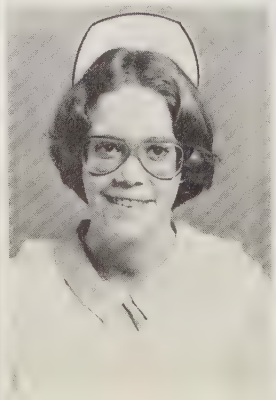


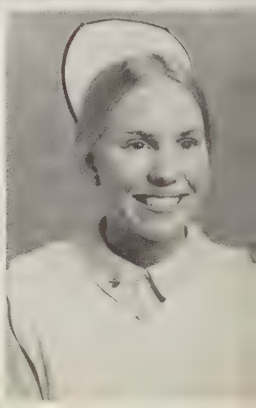


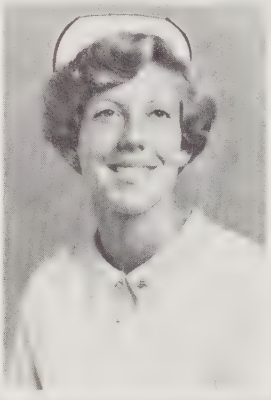


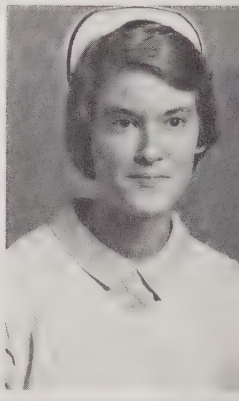


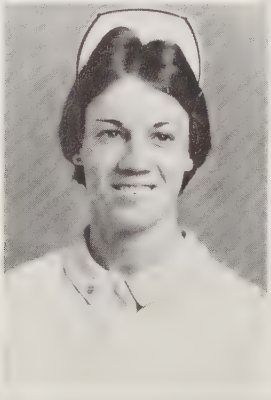


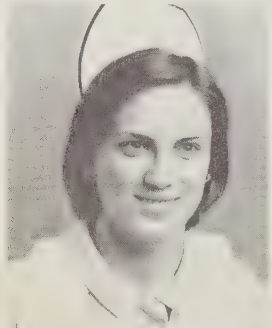












FRIENDSHIP

MENTAL HEALTH NURSING

*Up and raring to go. Heading for your first day at Butner (alias John Umstead Hospital) looking for 21**st** street, going through the first and only stop light, and finding the only thing you're first to be, is late . . .*

. . . but it's all right.

What is that smell as you enter the wards? How could anybody work here – let along live here without an 0_2 mask or even a clothespin . . .

. . . but it's all right.

Finally getting a good tape recorder, good batteries, and a patient who will talk, with only two weeks left in the quarter . . .

. . . but it's all right.

*IMAGINE! **Watts** student nurses being mistaken for alcoholics – Karen, Ann, Dee, Judy and Vicky . . .*

. . . but it's all right.

Can you imagine going to an all male correctional institute and getting totally bored to death . . .

. . . but it's all right.

Finding out no one is all sane nor less human than the next. That to be a helping person one must first accept oneself, and then be accepted by others. Learning that these patients are people too . . .

. . . and it's all right.

After all those days of hard work, finding out you never were more close, more needed or more loved by your peers . . .

. . . and it's all right.

Having a P.J. party (not a pajama party) after the exam. A trash can full of P.J. and a room full of friends . . .

. . . and THAT'S ALL RIGHT!

Linda Slaughter, our instructor, and June Evans, secretary also Jack of all trades, are two of the friendly faces we see each morning. Ms. Slaughter has a good shoulder to cry on and a true willingness to help us understand. June is bombarded daily with complaints about worn out tapes, dead batteries, tape recorders that DON'T tape and many other little headaches.

Two of our guest lecturers, Barry Saunders and Chris Emory helped to add "spice" to our classroom experience. Our own instructor, Julie McGuire offered us her knowledge through lecture and clinical supervision.

Beverly: I refuse to go to that chronic ward tomorrow! Darlene: "Refuse, nothing, you couldn't pay me to go."

One of the most outstanding events at JUH is the Halloween carnival. It's a time for patients, employees and student nurses to get together for a night of games, prizes, and good fun. To the patients of JUH, thank you for your kindness, consideration, and most of all your humanness.

We all realize that psych is a far cry from OB, but Lorri should know you can't hatch a pumpkin.

Our "schizophrenic" students enjoy a break at JUH.

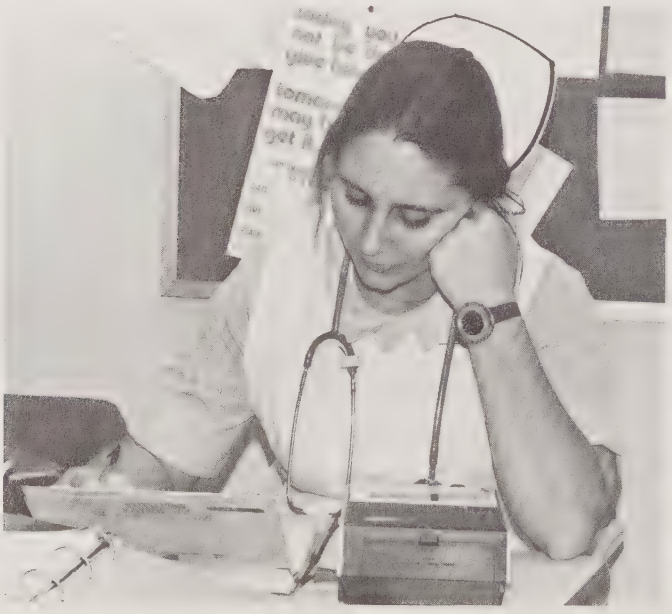
NURSING MANAGEMENT

What do you do when you're faced with the responsibility for the care of twenty-two patients? Panic!!

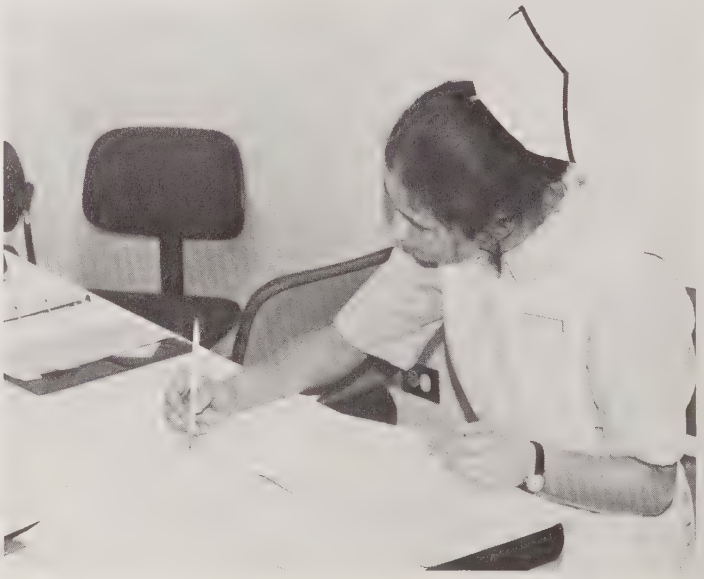
In Nursing Management, however, the student becomes self-confident, independent, and skillful. She works hand-in-hand with nurses, doctors, and other health team members to maintain the primary goal of on-going, individualized patient care. This is accomplished only through the encouragement and guidance of the Dynamic Duo, Mrs. Crill and Mrs. Holland. Of course, there are rewards; a patient's smile, a pat on the back from a co-worker or a piece of candy found on your medicine cart from an anonymous friend.

Long clinical days may end in frustration, anger, and tears, but through the encouragement of both Mrs. Holland and Mrs. Crill, the student survives to return again the following day. Oddly enough, so do the instructors.

The Head nurse Workshop was both interesting and enlightening. Here, Mrs. Thompson, Head nurse on 5-1, makes her point.



Polly, life would be easier had the recorder been ON the FIRST time!



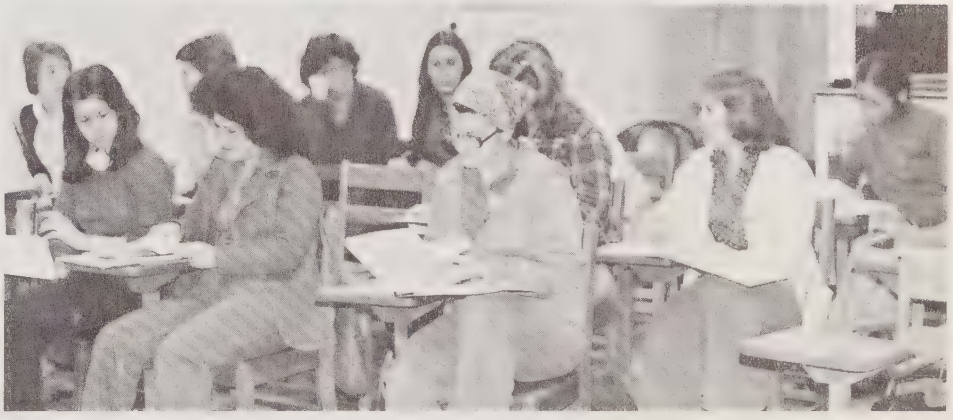
"I wonder who's going to screw my assignment up by not coming tomorrow."

Mrs. Mary Holland is seldom seen without a warm smile and gracious attitude even in the clinical setting.

*"I'm sure glad **he's** taking this awful stuff and not **me!**"*

Mrs. Vickie Crill demonstrates her "leadership" abilities by being the first to sport the new WHSN tee-shirt.

"At this point, I need this narcotic more than Mr. J. does."



*Leadership lectures are so interesting. Today's topic **must** be "Group Dynamics".*

"Y-sets, X-sets, Z-sets – who cares?! None of them work for me anyway!"

*"You mean the scheduled meds are down **here??** Then . . . I've been giving all PRN's!"*

CONCEPTS

Senior-level Medical-Surgical Nursing is just chocked full of learning experiences located in a variety of settings. Although every opportunity for learning seems interesting, the general concensus gives the "Most Fun Clinical Experience Award" to the DCGH Ambulance Division rotation. There is just no equal to the feeling you get when you go careening through the city streets on a Code 3 call, or, while in the Emergency Room, you are allowed to assist in the immediate care of a severly burned or lacerated patient.

But in the SICU and MICU, all the Med-Surg knowledge you've gained so far comes together. Finally, back to primary care! And is it ever! As a student, you learn to assume total care for your patient in his diseased state. Likewise, in CICU the emphasis is placed on the patient's cardiac status. And your eyes learn to scan the monitors for your patient's particular arrythmia.

In the Recovery Room, as in the Units, you draw from all previous knowledge anything which might pertain to your patient. Suddenly a widening or narrowing pulse pressure or a Foley which has not collected urine in an hour or extreme changes in vital signs . . . all begin to paint a picture of your patient which you must recognize and remedy quickly.

Make no mistake about it . . . Concepts is definitely a complicated, comprehensive segment of our learning here at Watts, but no one ever said it couldn't be fun!

Now I'll check for sensation. This little piggy went to market, this little piggy stayed home, this little piggy . . .

If I don't get some help soon I'm going to need CPR! I think I feel dizzy.

Mrs. Betsy Fletcher is always open to questions and comments both inside and outside the classroom.

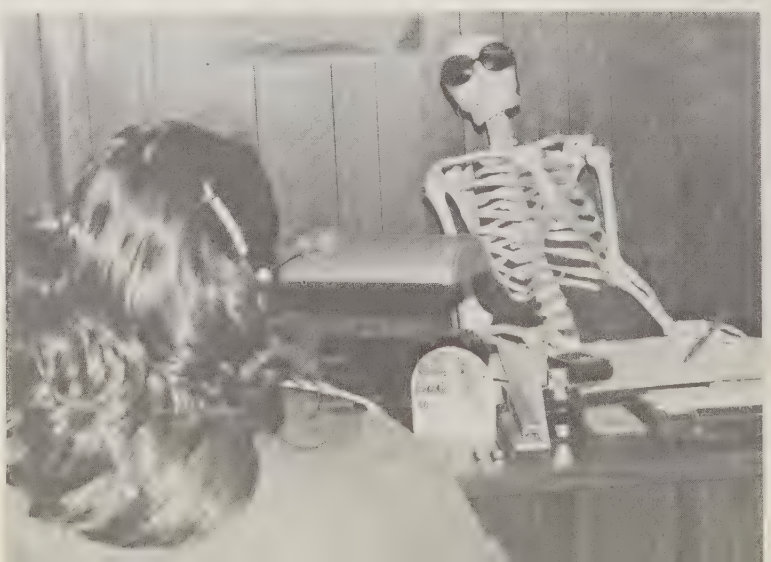
He appears cyanotic and his B/P is 50/30; I think I'll wait until after lunch to see if he looks better. If not, I'll Code him then!

Good teamwork, girls! Your patient may just make it after all!

Our camera caught Mrs. Linda Delbridge smiling as she demonstrated the control of a mechanical ventilator to a nearby student.

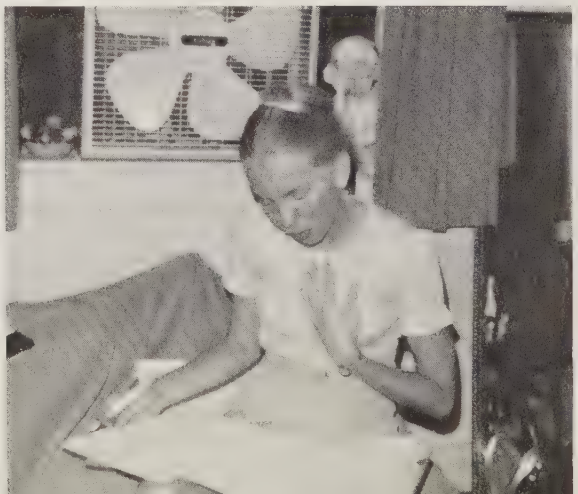
If this Concepts lecture was any more interesting, Penny might fall right out of her chair!

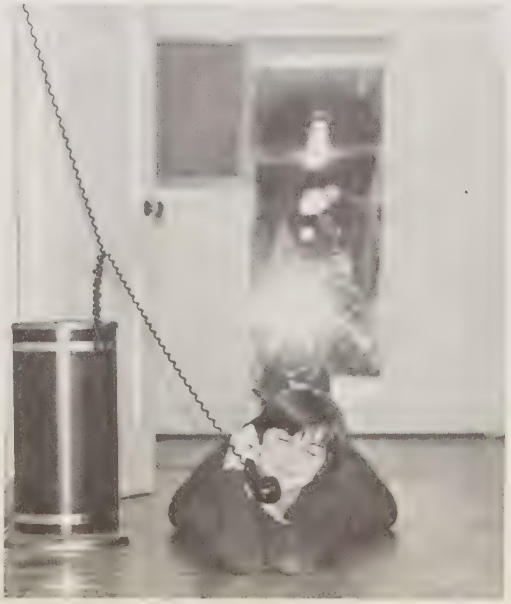
SENIOR



SHENANIGANS

OUR HUMBLE ABODE





EPILOGUE

We came as individuals . . . frightened, alone, naive and innocent. Brought with us high hopes, warm hearts, open arms and inquisitive minds. With burning wishes to heal mankind's illnesses, to bind his wounds, to strengthen his character . . . to accomplish all these things.

And as we leave alas we did – and more! Not only did we quench our thirst for knowledge of mankind's illnesses of body and soul. Not only did we learn to teach man about himself. But we learned of ourselves; We saw our own needs and met them. We learned how to deal with our own feelings and those of others. We learned how to cope; how to help others and how to be helped.

We came as individuals . . . and we leave the same, but different somehow. More knowledgeable, more kind, more understanding and tolerable. More complete. Ready to meet our challenge head-on.

WYCHE
HOUSE

VIPS

Miss Beverly Smith, Director of Nursing Education, provides The WHSN with much-needed guidance and prudent judgement.

*Mrs. Marie Robeson, Director of Nursing Service, performs her excellent leadership duties each day and **still** manages a smile.*

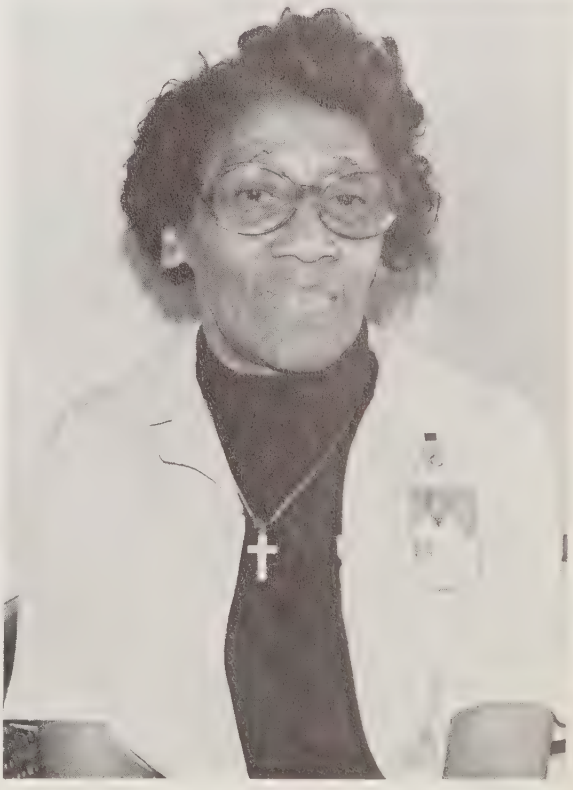
Mrs. Greta Brooks, Assistant Director of Nursing Education brings all her "tools" to work with her: one smile that's subject to change without notice, two sympathetic shoulders, ten tireless fingers and lots of "gray matter".

Mrs. Pam Aldridge, Recruiter and Student Activities Director, can always come up with something entertaining and enjoyable.

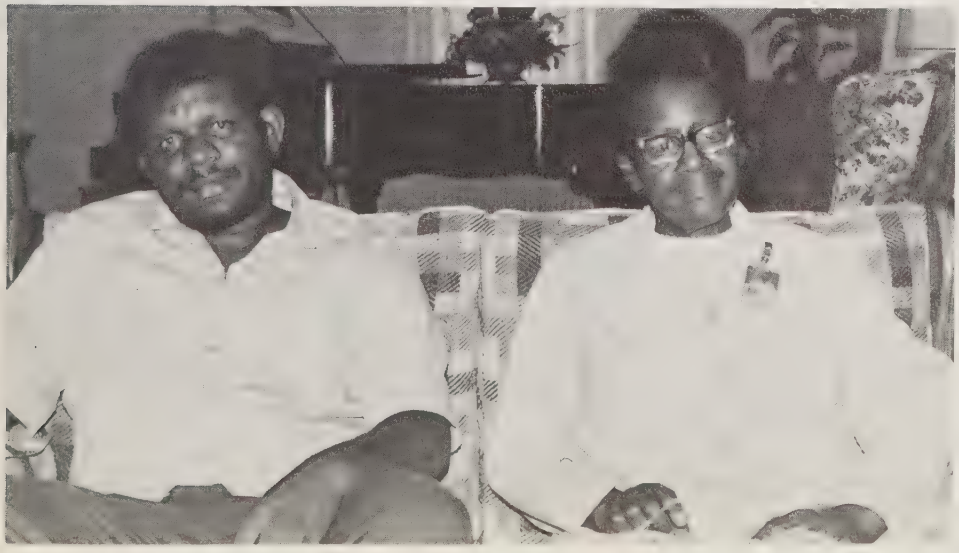
Mrs. Kathy Chambers, secretary, always has a winning smile, a kind word, and the answer to our questions.

Mrs. Betsy Hunt, secretary, performing many services for faculty and students remains an integral part of Watts' function.

Mrs. Priscilla Hoover, librarian never turns away a student in need of help.



Colleen Parker takes a much needed break from her housekeeping duties.

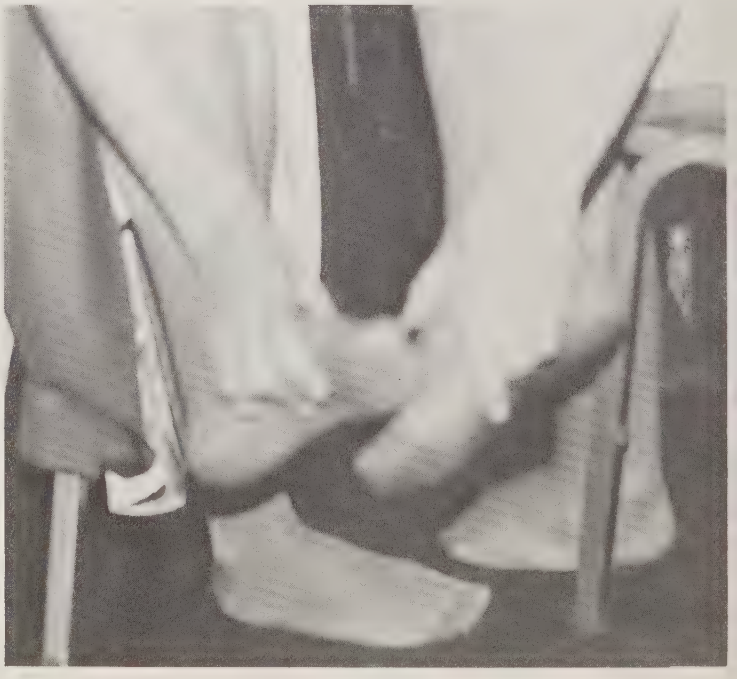


Jimmy Gentry and Annie Adams keep everything spick 'n span in Hill House.

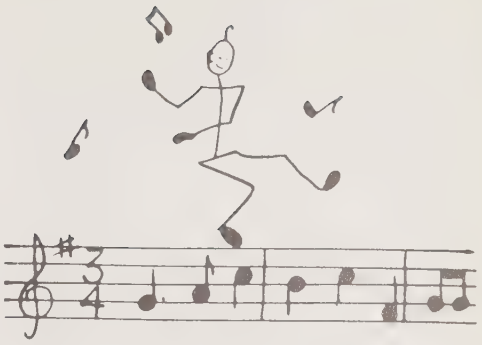
BOOGIE TIME!

OK, when you hold out your arm, I'll do – three twirls, one pretzel, four waist twists, one quick dip and end up behind you. So be sure and turn around, and then we'll start again.

You're kidding! That ***can't*** *be my case study on the phone?!*



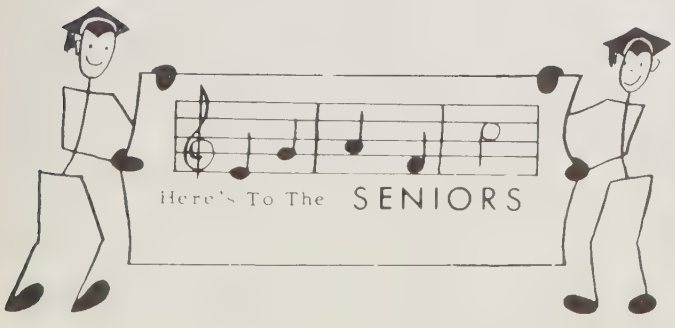
And I thought leadership clinical was rough on your feet!



"David, You're been out to check the score five times in the last half hour. Can't we have at least one complete dance tonight?"

Vickie may be attached to David, but she still has her eye on the boys in the band.

Gene Barbour and the Cavaliers provided the sights and sounds we needed to make this truly a "Boogie Time!"



Each Med-Surg group had a get-together to celebrate the end of their rotation. One group partied at Mrs. Stein's house and the other group celebrated at Le Chateau. Dr. Weng was guest-of-honor.

The Hill House "Moms" gave a lovely Christmas party to their residents. It was truly a special occasion for each of us. We sang and toasted and celebrated the season of good cheer.

SOCIALS

It's a yearly tradition to go through the halls of DCGH caroling to the patients and staff at Christmastime. Concluding the beautiful candlelight caroling ceremony all the students gather in the main lobby and sing with any visitors who are present. This turns out to be a lot of fun for patients, visitors, staff members, students and instructors as well. But the ***real*** *highlight of the evening is a Christmas party in the cafeteria for the students. Old St. Nick (Dr. Wellman) paid a visit to hand out gifts and wish us well.*

. . . NOTHIN' BUT NET!

The Watts Supersonic Nurses

vs

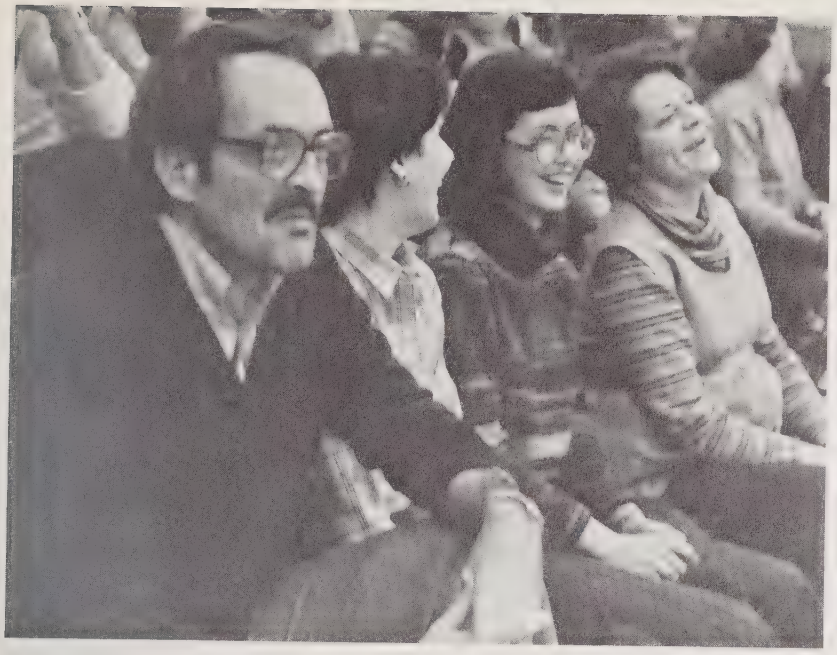
The Daredevil Doctors

On January 9th, the Watts Supersonic Senior Nurses took on The DCGH Daredevil Doctors in a highly contested basketball game. Watts had nine hustling team members while the Doctors had twenty members to compile four different teams. The score was nip and tuck throughout the four quarters but the Daredevil Doctors pulled out to a three point spread at the end of play to beat the infallible nurses 36-33.

Duke superstars, Kenny Dennard and Bob Bender were rewarded for their outstanding officiating efforts with a unique Blue Devil cake. This event shall go down in the sports history of Watts Nursing School.

Celebrity Referees?! Duke Blue Devils, Bob Bender and Kenny Dennard.

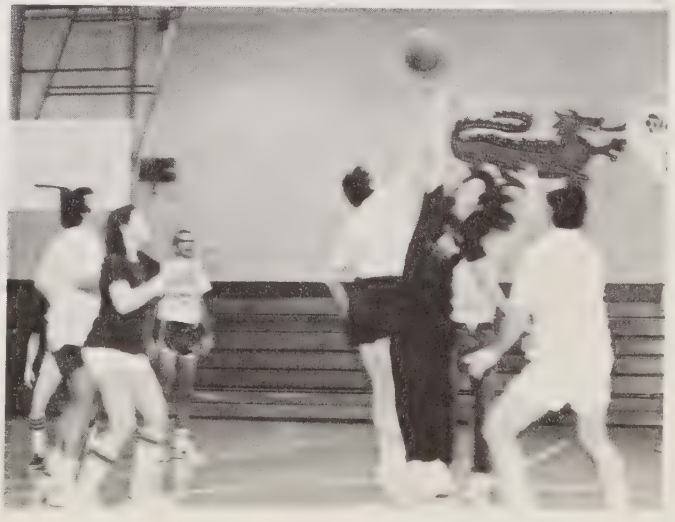
The Supersonics rush down court after sinking two points.



These Referees stink!

We'll get you next time Doctors!

Dr. Bergant holds Dr. Van Dyke to keep him from attacking the foul shooter.



Everyone watches intently as the game begins.

STUDENT COUNCIL

Top row – left to right: Vicky Vurnakes: faculty representative, Patti Baldwin: fire marshal, JoAnne Furr: commuter representative, DeAnne Smith: senior class president, Linda O'diear: freshman class president. Seated – left to right: Betty Hinshaw: treasurer, Betsy Long: president-elect, Sherry Barham: vice-president, and Susan Ellis: president.

CSU

Officers – Nancy Johnson: president, Pat Merritt: vice-president, Delores Bradsher: secretary-treasurer. Left to right – Darlene Truelove, DeAnne Smith, Patti Baldwin, Nancy Johnson, Audrey Souther. Not pictured – Bonnie Mitchell, Pat Merritt, Lou Ellen Rickard, Delores Bradsher, Trennessa Dammann, and Rosalind Fulton.

SNA

Back row: Patti Baldwin, Betsy Long, Susan Bray, Denise Bogie. Front row: Betty Hinshaw, Nancy Johnson, Debbie Tisdale, Linda O'diear, JoAnne Furr. Not pictured: Carol Gemmer, Stacey Koerner, Patricia Behan, Bill Baker.

VOLLEYBALL TEAM

First row – Susan Ellis: Captain. Second row – left to right: Marianne Hawkins, Gail Lloyd, Patti Baldwin. Third row – left to right: Sheila Fleming, Nancy Johnson, Sherry Barham. Not pictured: Pat Merritt, Denise Bailey, Bonnie Mitchell, and Spence Foscue: Coach.

SANTA FILOMENA

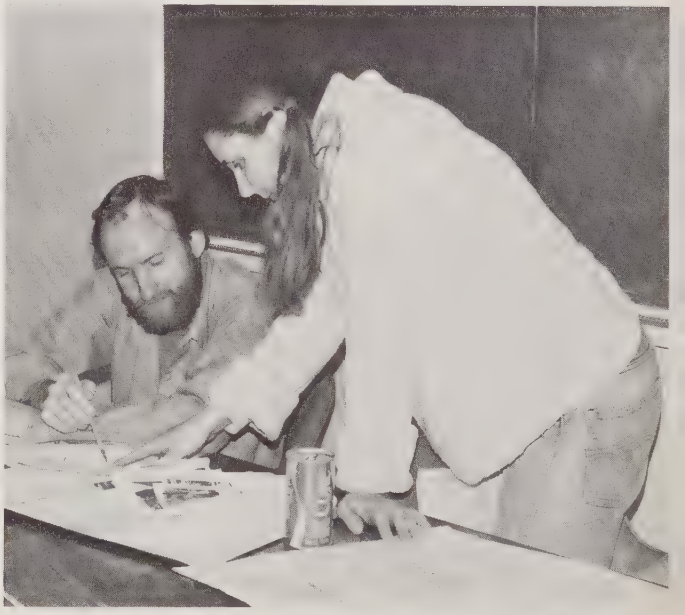
Left to right: Sherry Barham, Ande King – Secretary, Susan Ellis, DeAnne Smith – Treasurer, Lorri Wicks, Darlene Truelove, Linda Layton, and Barbara Urban – First Lady.

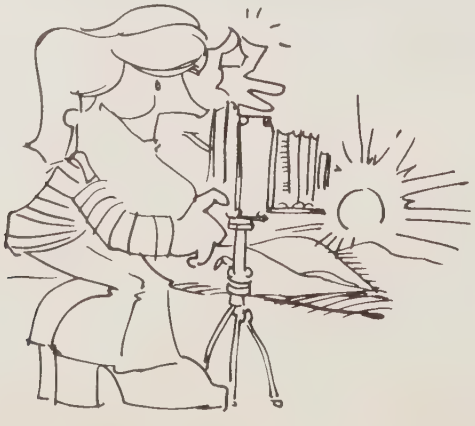
YEARBOOK STAFF

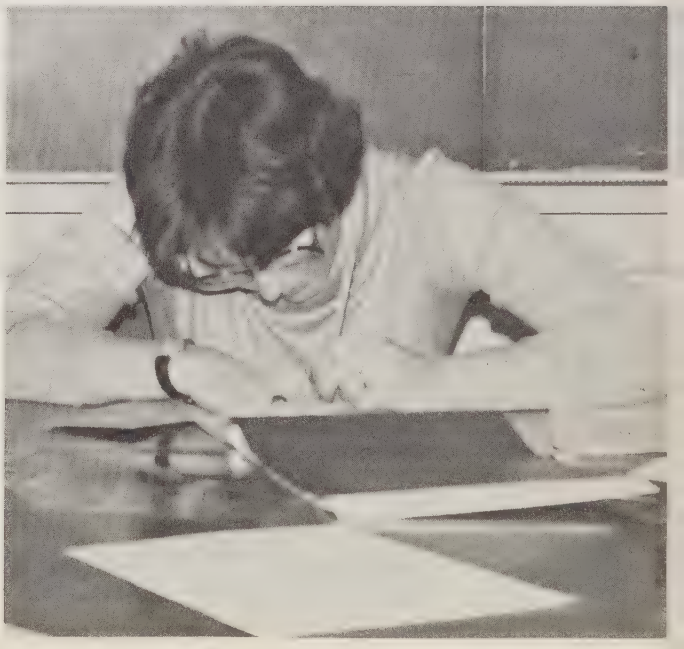
Peggy Clark-Editor, Jamie Phipps-Business Manager, Sandi Ezzell-Layout Editor, Paige Fitzgerald-Editor.

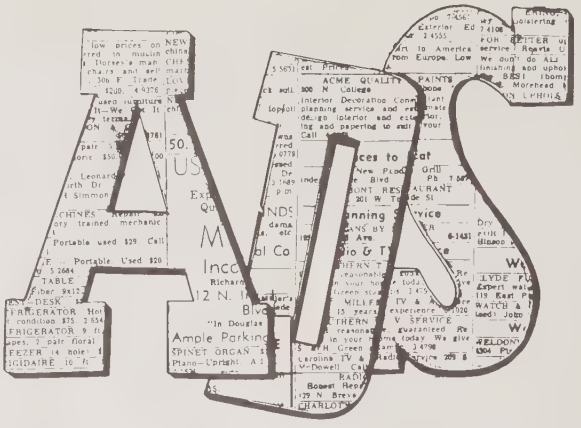
From Cover To Cover

There are many hours of gladness and sadness, frustration and satisfaction, tears and laughter which go into the production of a yearbook. It's a very time-consuming, expensive and absolutely incredible task to fit into a nursing school time-table. But somehow we managed to do it! Of those of you who read this, only the ones who were an integral part of the whole experience can truly share the joy and pride of accepting the challenge and reaping the rewards of hearing someone say "Terrific yearbook!" We are only human and as such it becomes so easy to shirk responsibility and turn away from a challenge. But for those Freshmen, Juniors and Seniors who pitched in and did more than their fair share, we cannot say "thank-you" enough. Each of us on the yearbook staff share the warm feeling of pride and accomplishment as we present this White Cap '79 to you, the Watts student body. We sincerely hope you enjoy it now and will treasure it forever, for a little piece of our mind, body, and soul is enclosed from cover to cover. There is no way we could possibly name each of those people who contributed their time, energy, talent and/or money to this publication, however, we could not have done without them, and each of you know who you are. Enjoy it with our compliments!









CCB

CENTRAL CAROLINA BANK

Broad Street Office
Phone 286-7113

CCB. We'll help you find a way.

O'NEILL'S KWIK KORNER & PARTY STORE, INC.

PO Box 3158
2014 Guess Road
Durham NC

Congratulations Class of '79

Elton & Emma O'Neal

O'NEAL'S QUICKIE MART

1907 Cheek Road
Durham NC
Phone 688-1163

DCHC AMBULANCE DIVISION
"B" Shift and Mike Smith

CONGRATULATIONS
SENIORS!

MEBANE'S 1ST FIRST

Savings and Loan Association

At the Time & Temperature Corner

Mebane, NC

EXXON

JOHN FAUCETTE
EXXON

1123 Broad Street

Durham NC
Phone 286-1966

JOHN L. CRILL

Attorney At Law

Bryant, Bryant, Drew & Crill, P.A.

Fourth Floor, First Union Bank Building

Durham, North Carolina 27701

Telephone (919) 688-6341

Congratulations to the
Graduating Class of 1979!

ALTON J. COPPRIDGE, M.D.
JACK HUGHES, M.D.
RAYMOND E. JOYNER, M.D.
JAMES A. BERGANT, M.D.

The Coppridge Urologic Group, P.A.
923 Broad Street
Durham, North Carolina

Congratulations to the
Graduating Class of 1979!

H. MAX SCHIEBEL, M.D.
GORDON M. CARVER, JR., M.D.

Watts Surgical Center
1202 Broad Street
Durham, North Carolina
919-286-1245

CONGRATULATIONS TO THE CLASS OF 1979
FROM ALL THE FOLKS AT SOMETHYME!

Remember, nurses need nursing too!
Nurse your hungry body at SOMETHYME.

*homemade soups*fresh salads*herbal teas*
*fine coffee*domestic and imported beers and wines*
*omelets*baked goods, fresh daily*fresh vegetables*
*weekend international specials*fine entrees*
weekend entertainment & more

Somethyme Restaurant

1104 Broad Street, 286-1019

Walker Home Center

HOME IMPROVEMENT HEADQUARTERS

P. O. Box 15575 • 4528 Roxboro Road
Durham, North Carolina 27704
Telephone (919) 471-4416

TEMPLE BAPTIST CHURCH

807 W. Chapel Hill St. 27701
Phone: 688-7397

M. CLAY WARF, MINISTER

Sunday Activities
9:30 AM Sunday School
11:00 AM Worship

Wednesday Activities
6:00 PM Supper (September-May)
6:45 PM Program (7:00 in summer)

SANDERS FLORIST

1102 Broad Street Phone 286-1288

Durham, North Carolina 27705

Counted Cross-Stitch*Needlepoint*Crewel

JANICE'S CROSS STITCH PATCH

2812 Guess Road
Durham, N.C. 27705
Phone 471-4124

Specializing in counted cross-stitch

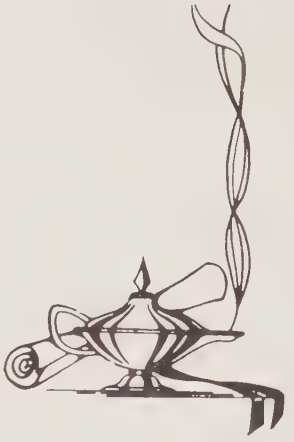
Counted Cross-Stitch*Needlepoint*Crewel

wear your dancin' shoes!

CAMERON VILLAGE SUBWAY

RALEIGH, NORTH CAROLINA

112 SOUTH GRAHAM STREET
CHAPEL HILL, NORTH CAROLINA



PATRONS

BULLOCKS' BARBECUE
EDWARDS' FLORIST
HILL PHARMACY
BOOK EXCHANGE